**Mindset Assessment**

**Directions:**

1. Record the number for each response that best describes your thinking.

2. Total your score.

3. Interpret your score by reading the description that aligns with your results at the end of the survey.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 1. Intelligence is something very basic that can’t really change. | 0 | 1 | 2 | 3 |
| 2. No matter how much intelligence a person has, they can always change it quite a bit. | 3 | 2 | 1 | 0 |
| 3. Only a few people will be truly good at sports, and they are born with that athletic ability. | 0 | 1 | 2 | 3 |
| 4. The harder a person works at something, the better they will be. | 3 | 2 | 1 | 0 |
| 5. Truly smart people do not need to try hard. | 0 | 1 | 2 | 3 |
| 6. People can always change how intelligent they are. | 3 | 2 | 1 | 0 |
| 7. You are a certain kind of person and there is not much that can be done to really change that. | 0 | 1 | 2 | 3 |
| 8. An important reason why I do my school work is that I enjoy learning new things. | 3 | 2 | 1 | 0 |
| 9. I often get angry when I get feedback about my performance. | 0 | 1 | 2 | 3 |
| 10. I appreciate when people, (coaches, teachers, boss, co-workers) give me feedback about my performance. | 3 | 2 | 1 | 0 |

**If your score is between 0-16**

Right now, you are unsure about whether you can develop your intelligence. You probably care about performing well and you do want to learn, but you may not want to have to work too hard for it. You may feel a bit discouraged when you perform poorly at something.

This could be holding you back from doing your best, if it deters you from taking on challenges or causes you to experience anxiety when you aren’t sure that you will do well at something. Maybe there are things that you think you are “just not good at.” You may be coasting when you could be excelling.

You probably have more potential than you are using! People who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. They know that mental exercise makes their brains grow smarter—the same way that exercise makes an athlete stronger and faster. And they are always learning new ways to work smart and build their brains.

**If your score is between 17- 30**

You understand that you can increase your intelligence by learning, and you aren’t afraid of a challenge. You believe that the best way to learn is to work hard, and you are willing to make mistakes while you do it. This is what we call the “growth mindset.”

Even though you have a good foundation, there are probably some areas where you could benefit from learning how to cultivate your growth mindset thinking and practices. Maybe you could use techniques to be more comfortable with negative feedback, orexplore the possibility of growth in areas that you have neglected. You might gain from strategies to boost learning and productivity. Or you might like to learn how to help others develop growth mindset thinking. You probably still have lots of ways to grow! People who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. They know that mental exercise makes their brains grow smarter—the same way that exercise makes an athlete stronger and faster. And they are always learning new ways to work smart and build their brains.