

Name: _____ Period: _____ Date: _____

Self-Assessment: Which Mindset Do You Have?

Directions: Take this short quiz by answering yes or no to each question. There is no right or wrong answer, so don't think too hard about each question. Just answer it honestly.

1. My intelligence is something very basic about me that I can't really change. Yes No
2. When I don't understand something I like to slow down and try to figure it out. Yes No
3. I am intimidated by academic challenges. Yes No
4. I have been told by others that I am smart. Yes No
5. Learning is fun. Yes No
6. I often feel unmotivated to learn. Yes No
7. When I don't do well in a subject I think that I must not be very good at that particular subject. Yes No
8. When I perform poorly academically I do not get discouraged. Yes No
9. When I don't understand something, I get very frustrated and want to give up. Yes No
10. I shouldn't have to work as hard in subjects that I am naturally good at. Yes No

Now transfer your answers to the back of this page to calculate your score

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Scoring

Transfer your answers to the answer column below.

Give yourself four points for each of the following questions you answered YES to: 1, 3, 4, 6, 7, 9, and 10.

Give yourself minus 2 points for each of the following questions you answered YES to: 2, 5, 8.

Questions	Answer	Points if Answered Yes	Points Earned
1		+4	
2		-2	
3		+4	
4		+4	
5		-2	
6		+4	
7		+4	
8		-2	
9		+4	
10		+4	
		Total Score	

If you scored +15 you believe that intelligence is fixed.

If you scored 10-15 you believe that intelligence is mostly fixed.

If you scored 5-10 you believe that intelligence is somewhat fixed.

If you scored less than 5 you believe that intelligence is not fixed.

<http://blogs.vbschools.com/giftedexchange/2012/05/31/growth-mindset-quiz-grt-independent-study-information/>

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