Mindset Quiz

For each question below, indicate where you "are" on the scale.

1. Your intelligence is something very basic about you that you can't change very much.

1	2	3	4	5
Strongly Agree				Strongly Disagree

2. I appreciate when people, parents, coaches, teachers give me feedback about my performance.

1	2	3	4	5
Strongly Agree				Strongly Disagree

3. Human beings are basically good, but sometimes make terrible decisions.

1	2	3	4	5
Strongly Agree				Strongly Disagree

4. You are a certain kind of person, and there is not much that can be done to really change that.

1	2	3	4	5
Strongly Agree				Strongly Disagree

5. Music talent can be learned by anyone.

1	2	3	4	5
Strongly Agree				Strongly Disagree

6. Trying new things is stressful for me and I avoid it.

1	2	3	4	5
Strongly Agree				Strongly Disagree

7. You can do things differently, but the important parts of who you are can't really be changed.

1	2	3	4	5
Strongly Agree				Strongly Disagree

8. Some people are good and kind, and some are not – it's not often that people change.

1	2	3	4	5
Strongly Agree				Strongly Disagree

9. No matter how much intelligence you have, you can always change it quite a bit.

1	2	3	4	5
Strongly Agree				Strongly Disagree

10. The harder you work at something, the better you will be at it.

1	2	3	4	5
Strongly Agree				Strongly Disagree

11. Truly smart people do not need to try hard.

1	2	3	4	5
Strongly Agree				Strongly Disagree

12. An important reason why I do my school work is that I like to learn new things.

1	2	3	4	5
Strongly Agree				Strongly Disagree

Total your scores from the following questions in each category.

SCORING

FIXED MINDSET   GROWTH MINDSET

1, 4, 6, 7, 8, 11 Total: _____   2, 3, 5, 9, 10, 12 Total: _____

NOTE: LOWER SCORE INDICATES YOUR DOMINANT MINDSET.

My dominant mindset is _____.