

## Mindset Quiz

**1. Intelligence is something people are born with that can't be changed.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**2. No matter how intelligent you are, you can always be more intelligent.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**3. You can always substantially change how intelligent you are.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

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

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**5. You can always change basic things about the kind of person you are.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**6. Musical talent can be learned by anyone**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**7. Only a few people will be truly good at sports—you have to be “born with it.”**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**8. Math is much easier to learn if you are male or maybe come from a culture who values math.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

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

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**10. No matter what kind of person you are, you can always change substantially.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

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

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**12. Some people are good and kind, and some are not—it's not often that people change.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**13. I appreciate when people give me feedback about my performance.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**14. I often get angry when I get negative feedback about my performance.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**15. All human beings are capable of learning.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**16. You can learn new things, but you can't really change how intelligent you are.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

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

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

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

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

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

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

**20. Truly smart people do not need to try hard.**

Strongly Agree                      Agree                      Disagree                      Strongly Disagree

## Scoring

### Growth Questions

Strongly Agree 3                      Agree 2                      Disagree 1                      Strongly Disagree 0

### Fixed Questions

Strongly Agree 0                      Agree 1                      Disagree 2                      Strongly Disagree 3

- |            |            |
|------------|------------|
| 1. Fixed   | 11. Fixed  |
| 2. Growth  | 12. Fixed  |
| 3. Growth  | 13. Growth |
| 4. Fixed   | 14. Fixed  |
| 5. Growth  | 15. Growth |
| 6. Growth  | 16. Fixed  |
| 7. Fixed   | 17. Fixed  |
| 8. Fixed   | 18. Growth |
| 9. Growth  | 19. Growth |
| 10. Growth | 20. Fixed  |

## Results

Strong growth mindset	45-60 points
Growth mindset with some fixed ideas	34-44 points
Fixed mindset with some growth ideas	21-33 points
Strong fixed mindset	0-20 points

Adapted from:

McKenzie, K. (2013). Developing a growth mindset: The secret to improving your grades. [PowerPoint slides]. *Academic Success Summit Program*. East Stroudsburg University, East Stroudsburg, PA. Retrieved from

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