

The Essentials

Directions: Check the box that best describes how you feel about each statement. Once you are done follow the answer key below to find your score for each answer.

Mindset Quiz

Strongly Agree

Agree

Disagree

Strongly Disagree

Type

Mindset

Score

Questions

GMQ:3
FMQ:0

GMQ:2
FMQ:1

GMQ:1
FMQ:2

GMQ:0
FMQ:3

Questions	GMQ:3 FMQ:0	GMQ:2 FMQ:1	GMQ:1 FMQ:2	GMQ:0 FMQ:3	Type	Mindset	Score
1. Intelligence is something people are born with that can't be changed.					Ability	Fixed	
2. No matter how intelligent you are, you can always be more intelligent.					Ability	Growth	
3. You can always substantially change how intelligent you are.					Ability	Growth	
4. You are a certain kind of person, and there is not much that can be done to really change that.					Personality/Character	Fixed	
5. You can always change basic things about the kind of person you are.					Personality/Character	Growth	
6. Musical Talent can be learned by anyone.					Ability	Growth	
7. Only a few people will be truly good at sports- you have to be "born with it".					Ability	Growth	
8. Math is much easier to learn if you are male or maybe come from a culture that values math.					Ability	Fixed	
9. The harder you work at something the better you will be at it.					Ability	Growth	
10. No matter what kind of person you are, you can always change substantially.					Personality/Character	Growth	
11. Trying new things is stressful for me and I avoid it.					Ability	Fixed	
12. Some people are good and kind, and some are not-it's not often that people change.					Personality/Character	Fixed	
13. I appreciate when people, parents, coaches, teachers give me feedback about my performance.					Ability	Growth	
14. I often get angry when I get negative feedback about my performance.					Ability	Fixed	
15. All human beings are capable of learning.					Ability	Growth	
16. You can learn new things, but you can not really change how intelligent you are.					Ability	Fixed	
17. You can do things differently, but the important parts of who you are can't really be changed.					Personality/Character	Fixed	
18. Human beings are basically good, but sometimes make terrible decisions.					Personality/Character	Growth	
19. An important reason why I do my school work is that I like to learn new things.					Ability	Growth	
20. Truly smart people do not need to try hard.					Ability	Fixed	
TOTAL SCORE:							

Use the "Mindset" column to determine the proper score for your response for each question.

Answer Key:

Growth Mindset Questions: ●Strongly agree – 3 points ●Agree – 2 points ●Disagree – 1 points ●Strongly disagree – 0 point

Fixed Mindset Questions: ●Strongly agree – 0 point ●Agree – 1 points ●Disagree – 2 points ●Strongly disagree – 3 points

TOTAL SCORE : ●Strong Growth Mindset = 60-45 points ●Growth Mindset with some Fixed ideas = 44-34 points

●Fixed Mindset with some Growth ideas= 33-21 points ●Strong Fixed Mindset=20-0 points