**MINDSET SELF-ASSESSMENT**

Indicate your level of agreement with each statement by placing a check mark the corresponding column.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 1. You have a certain amount of intelligence, and you can’t really do much to change it. |  |  |  |  |
| 2. Your intelligence is something about you that you can’t change very much. |  |  |  |  |
| 3. No matter who you are, you can significantly change your intelligence level. |  |  |  |  |
| 4. You can’t really change how intelligent you are. |  |  |  |  |
| 5. You can always substantially change how intelligent you are. |  |  |  |  |
| 6. You can learn new things, but you can’t really change your basic intelligence. |  |  |  |  |
| 7. No matter how much intelligence you have, you can always significantly change it. |  |  |  |  |
| 8. You can considerably change your basic intelligence level. |  |  |  |  |
| 9. You have a certain amount of talent, and you can’t really do much to change it. |  |  |  |  |
| 10. Your talent in an area is something about you that you can’t change very much. |  |  |  |  |
| 11. No matter who you are, you can significantly change your level of talent. |  |  |  |  |
| 12. You can’t really change how much talent you have. |  |  |  |  |
| 13. You can always substantially change how much talent you have. |  |  |  |  |
| 14. You can learn new things, but you can’t really change your basic level of talent. |  |  |  |  |
| 15. No matter how much talent you have, you can always significantly change it. |  |  |  |  |
| 16. You can considerably change your basic level of talent. |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 1. Fixed | 0 | 1 | 2 | 3 |
| 2. Fixed | 0 | 1 | 2 | 3 |
| 3. Growth | 3 | 2 | 1 | 0 |
| 4. Fixed | 0 | 1 | 2 | 3 |
| 5. Growth | 3 | 2 | 1 | 0 |
| 6. Fixed | 0 | 1 | 2 | 3 |
| 7. Growth | 3 | 2 | 1 | 0 |
| 8. Growth | 3 | 2 | 1 | 0 |
| 9. Fixed | 0 | 1 | 2 | 3 |
| 10. Fixed | 0 | 1 | 2 | 3 |
| 11. Growth | 3 | 2 | 1 | 0 |
| 12. Fixed | 0 | 1 | 2 | 3 |
| 13. Growth | 3 | 2 | 1 | 0 |
| 14. Fixed | 0 | 1 | 2 | 3 |
| 15. Growth | 3 | 2 | 1 | 0 |
| 16. Growth | 3 | 2 | 1 | 0 |
| **Total Points** |  |  |  |  |

Add together your scores from each column to determine where your mindset fits within the categories below.

Strong growth mindset = 36–48 points

Growth mindset with some fixed ideas = 25–35 points

Fixed mindset with some growth ideas = 17–24 points

Strong fixed mindset = 0–16 points

**SOURCE:** *Dweck, C. (2006). Test your mindset. Mindset Online. https://themindsetonline.com/testyourmindset/step1.php*