**What Mindset are you?**

**For each of the following write SA (strongly agree), A (agree), D (disagree), SD (strongly disagree)**

Mark questions 1-10 using this point system:

1. Strongly agree – 3 points
2. Agree – 2 points
3. Disagree – 1 points
4. Strongly disagree – 0 point

Mark questions 11-20 using this point system:

1. Strongly agree – 0 point
2. Agree – 1 points
3. Disagree – 2 points
4. Strongly disagree – 3 points

**Add up the total!!!**

**Between 45-60 you have a strong growth mindset.**

**Between 34-44you have a growth mindset with some fixed ideas**

**Between 21-33 you have a fixed mindset with some growth ideas**

**Between 0-20 you have a strong fixed mindset**

1. No matter how much intelligence you have, you can always change it quite a bit.
2. You can always substantially change how intelligent you are.
3. You can always change basic things about the kind of person you are.
4. Music talent can be learned by anyone
5. The harder you work at something, the better you will be at it.
6. No matter what kind of person you are, you can always change substantially.
7. I appreciate when people, parents, coaches, teachers give me feedback about my performance.
8. All human beings without a brain injury or birth defect are capable of the same amount of learning.
9. Human beings are basically good, but sometimes make terrible decisions.
10. An important reason why I do my school work is that I like to learn new things.
11. Your intelligence is something very basic about you that you can’t change very much.
12. You are a certain kind of person, and there is not much that can be done to really change that.
13. Only a few people will be truly good at sports – you have to be “born with it.”
14. Math is much easier to learn if you are male or maybe come from a culture who values math.
15. Trying new things is stressful for me and I avoid it.
16. Some people are good and kind, and some are not – it’s not often that people change.
17. I often get angry when I get feed back about my performance.
18. You can learn new things, but you can’t really change how intelligent you are.
19. You can do things differently, but the important parts of who you are can’t really be changed.
20. Truly smart people do not need to try hard.