

# Take the Mindset Survey

**Use Adobe Acrobat to complete and score the survey.** The survey measures a person's beliefs about the malleability of intelligence, the relative importance of learning and perfect performance, and their attitudes toward effort and mistakes. The results will provide you with a general idea of your overall placement on the mindset spectrum.

**Your intelligence is something basic about you that you cannot change very much.**

- Strongly disagree                       Disagree                       Agree                       Strongly agree

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

- Strongly disagree                       Disagree                       Agree                       Strongly agree

**People who are truly good at something were born with the talent and ability needed to be good.**

- Strongly disagree                       Disagree                       Agree                       Strongly agree

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

- Strongly disagree                       Disagree                       Agree                       Strongly agree

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

- Strongly disagree                       Disagree                       Agree                       Strongly agree

**I appreciate when parents, coaches, or teachers give me feedback about my performance.**

- Strongly disagree                       Disagree                       Agree                       Strongly agree

**Truly smart people do not need to try hard to be successful at something.**

- Strongly disagree                       Disagree                       Agree                       Strongly agree

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

- Strongly disagree                       Disagree                       Agree                       Strongly agree

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

- Strongly disagree                       Disagree                       Agree                       Strongly agree

**I enjoy the challenge of learning and mastering something new.**

- Strongly disagree                       Disagree                       Agree                       Strongly agree

## Scoring

- **22 to 30 points:** Strong growth mindset
- **17 to 21 points:** Growth mindset with some fixed ideas
- **11 to 16 points:** Fixed mindset with some growth ideas
- **0 to 15 points:** Strong fixed mindset