Mindset Quiz

For each question below, indicate where you "are" on the scale.									
1. Your intelligence is something very basic about you that you can't change very much.									
	1	2	3	4	5				
	Strongly Agree	5			Strongly Disagree				
2. I appreciate when people, parents, coaches, teachers give me feedback about my performance.									
	1	2	3	4	5				
	Strongly Agree	2			Strongly Disagree				
3. Human beings are basically good, but sometimes make terrible decisions.									
	1	2	3	4	5				
	Strongly Agree	2			Strongly Disagree				
4. You are a certain kind of person, and there is not much that can be done to really change that.									
	1	2	3	4	5				
	Strongly Agree	2			Strongly Disagree				
5. Music tale	5. Music talent can be learned by anyone.								
	1	2	3	4	5				
	Strongly Agree	2			Strongly Disagree				
6. Trying new things is stressful for me and I avoid it.									
	1	2	3	4	5				
	Strongly Agree	2			Strongly Disagree				
7. You can do things differently, but the important parts of who you are can't really be changed.									
	1	2	3	4	5				
	Strongly Agree	Strongly Disagree							

8. Some people are good and kind, and some are not – it's not often that people change.								
	1	2	3	4	5			
	Strongly A	∖gree	Strongly Disagree					
9. No matter how much intelligence you have, you can always change it quite a bit.								
	1	2	3	4	5			
	Strongly A	\gree			Strongly Disagree			
10. The harder you work at something, the better you will be at it.								
	1	2	3	4	5			
	Strongly A	\gree			Strongly Disagree			
11. Truly smart people do not need to try hard.								
	1	2	3	4	5			
	Strongly A	\gree			Strongly Disagree			
12. An important reason why I do my school work is that I like to learn new things.								
	1	2	3	4	5			
	Strongly A	\gree			Strongly Disagree			
Total your scores from the following questions in each category.								
<u>SCORING</u>								
FIXED MINDSET				GROWTH MINDSET				
1, 4, 6, 7, 8, 11 Total:			:	2, 3, 5, 9, 10, 12 ⁻	Total:			

NOTE: <u>LOWER</u> SCORE INDICATES YOUR DOMINANT MINDSET.

My dominant mindset is ______.