

Unit 3.2 Growth vs Fixed Mindset

Do You Have a Growth or Fixed Mindset? Questionnaire

We all have lots of different thoughts in our minds every day and some are positive, and some are negative. We are going to look closer at the types of thoughts in our minds now. Read the statements below and choose “True” or “False” for each statement based on what you feel is correct for you.

1. I think that people are born smart or not and there is nothing they can do to change that.
True False
2. I am not very good at reading but with practice I can get better at it.
True False
3. I am not a good singer and don't think I ever will be.
True False
4. I always try to keep a positive outlook on life.
True False
5. Some people are just lucky and are really good at something.
True False
6. If someone lies to me once, then I think that they will always be a liar.
True False
7. I don't know my way around the college campus but I can learn once I have been on campus for a while.
True False
8. I can have the job that I want if I work hard to learn the skills needed and apply for it.
True False
9. Because I have a disability, I will never be able to live on my own.
True False
10. I know that if I work hard and do my best, I can be successful.
True False



SCORING:

Give yourself 1 point for every true statement in Questions 2,4,7,8 and 10.
Put your total here:

Give yourself 1 point for every false statement in Questions 1,3,5,6 and 9.
Put your total here:

Add the two total scores together:

The higher the total score the more likely you are to have a growth mindset. The lower the score the more likely you are to have a fixed mindset.

