

# **Growth Mindset**

# **QUIZ**

**By: Tara Omorogbe | Articulate Tee Inc.**

**Do you have a fixed, growth or blended mindset?**

**Uncover your dominate mindset  
through a quick assessment  
and easy scoring guide!**

**I Know  
I Can!**

# MINDSET QUIZ

**Place a check in the column that identifies the extent to which you agree or disagree with the following statement**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>1.</b> <b>Your intelligence is something very basic about you that you can't change very much</b>				
<b>2.</b> <b>No matter how much intelligence you have, you can always change it quite a bit</b>				
<b>3.</b> <b>You can always substantially change how intelligent you are</b>				
<b>4.</b> <b>You are a certain type of person and there is not much that can be done to really change that</b>				
<b>5.</b> <b>You can always change basic things about the kind of person you are</b>				

# MINDSET QUIZ

**Place a check in the column that identifies the extent to which you agree or disagree with the following statement**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>6.</b> <b>Musical talent can be learned by anyone</b>				
<b>7.</b> <b>Only a few people will be truly good at sports - you have to be "born with it"</b>				
<b>8.</b> <b>Math is much easier to learn if you are male or maybe come from a culture that values math</b>				
<b>9.</b> <b>The harder you work at something, the better you will be at it</b>				
<b>10.</b> <b>No matter what kind of person you are, you can always change substantially</b>				

# MINDSET QUIZ

**Place a check in the column that identifies the extent to which you agree or disagree with the following statement**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11.</b>  Trying new things is stressful for me, and I avoid it				
<b>12.</b>  Some people are good and kind, and some are not -- it's not often that people change				
<b>13.</b>  I appreciate when parents, coaches, teachers give me feedback about my performance				
<b>14.</b>  I often get angry when I get feedback about my performance				
<b>15.</b>  All human beings without a brain injury or birth defect are capable of the same amount of learning				

# MINDSET QUIZ

**Place a check in the column that identifies the extent to which you agree or disagree with the following statement**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>16.</b> You can learn new things, but you can't really change how intelligent you are				
<b>17.</b> You can do things differently, but the important parts of who you are can't really be changed				
<b>18.</b> Human beings are basically good, but sometimes make terrible decisions				
<b>19.</b> An important reason why I seek new skills is because I like to learn new things				
<b>20.</b> Truly smart people do not need to try hard				

# Scoring



## Growth Questions

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

## Fixed Questions

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

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>1. Ability Mindset (fixed)</b>	0	1	2	3
<b>2. Ability Mindset (growth)</b>	3	2	1	0
<b>3. Ability Mindset (growth)</b>	3	2	1	0
<b>4. Personality/Character mindset (fixed)</b>	0	1	2	3
<b>5. Personality/Character mindset (growth)</b>	3	2	1	0
<b>6. Ability Mindset (growth)</b>	3	2	1	0
<b>7. Ability Mindset (fixed)</b>	0	1	2	3
<b>8. Ability Mindset (fixed)</b>	0	1	2	3
<b>9. Ability Mindset (growth)</b>	3	2	1	0
<b>10. Personality/Character mindset (growth)</b>	3	2	1	0

# Scoring



- Growth Questions**  
1. Strongly agree – 3 points  
2. Agree – 2 points  
3. Disagree – 1 points  
4. Strongly disagree – 0 point

- Fixed Questions**  
1. Strongly agree – 0 point  
2. Agree – 1 points  
3. Disagree – 2 points  
4. Strongly disagree – 3 points

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11. Ability Mindset (fixed)</b>	0	1	2	3
<b>12. Personality/Character mindset (fixed)</b>	0	1	2	3
<b>13. Ability Mindset (growth)</b>	3	2	1	0
<b>14. Ability Mindset (fixed)</b>	0	1	2	3
<b>15. Ability Mindset (growth)</b>	3	2	1	0
<b>16. Ability Mindset (fixed)</b>	0	1	2	3
<b>17. Personality/Character mindset (fixed)</b>	0	1	2	3
<b>18. Personality/Character mindset (growth)</b>	3	2	1	0
<b>19. Ability Mindset (growth)</b>	3	2	1	0
<b>20. Ability Mindset (fixed)</b>	0	1	2	3

Total				
Grand Total				

## Results:

<b>Strong Growth Mindset:</b>	<b>= 45 - 60 points</b>
<b>Growth Mindset w/ some Fixed ideas:</b>	<b>= 34 - 44 points</b>
<b>Fixed Mindset w/ some Growth ideas:</b>	<b>= 21 - 33 points</b>
<b>Strong Fixed Mindset:</b>	<b>= 0 - 20 points</b>

**Adapted from:**

<http://www.classroom20.com/forum/topics/motivating-students-with>

**Tailored by: Tara Omorogbe**



# Don't have a printer to make a copy of this quiz, no worries use this quick method to score your results by hand in 5 minutes.

Example of how to complete results:

1 (SA) --> 0 points  
2 (A) --> 2 points  
3 (SD) --> 0 points  
4 (A) --> 1 point  
5 (SA) --> 3 points  
6 (D) --> 1 point  
7 (SA) --> 0 points  
8 (SA) --> 0 points  
9 (A) --> 2 points  
10 (D) --> 1 point

11 (SD) --> 3 points  
12 (SA) --> 0 points  
13 (A) --> 2 points  
14 (A) --> 1 point  
15 (SA) --> 3 points  
16 (SD) --> 3 points  
17 (SD) --> 3 points  
18 (SD) --> 0 points  
19 (SD) --> 0 points  
20 (SD) --> 3 points

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Total	SA	0, 3, 0, 0, 0, 3 -----> 6 points
	A	2,1,2,2,1 -----> 8 points
	D	1,1 -----> 2 points
	SD	0,3,3,3,0,0,3 -----> 12 points

Grand Total : 28 points