

Managing personal and professional development

Mindset quiz

Name

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

Key to question type

1. Ability mindset – fixed
2. Ability mindset – growth
3. Ability mindset – growth
4. Personality/character mindset - fixed
5. Personality/character mindset – growth
6. Ability mindset – growth
7. Ability mindset – fixed
8. Ability mindset – fixed
9. Ability mindset – growth
10. Personality/character mindset - growth
11. Ability mindset – fixed
12. Personality/character mindset – fixed
13. Ability mindset – growth
14. Ability mindset – fixed
15. Ability mindset – growth
16. Ability mindset – fixed
17. Personality/character mindset – fixed
18. Personality/character mindset – growth
19. Ability mindset – growth
20. Ability mindset - fixed

Scoring

Growth questions

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

Fixed Questions

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

Strong Growth Mindset = 60-45 points

Growth Mindset with some Fixed ideas = 44-34 points

Fixed Mindset with some Growth ideas = 33-21 points

Strong Fixed Mindset = 20-0 points

My Score

I have a

Information on mindsets. Available at live-n-learn.co.uk