

Growth Mindset Questionnaire

1. Are some people born cleverer than others.

- a. Yes I think that if your parents are clever then you will be clever too.
- b. Yes I think if your parents are clever it helps, but you have to work hard too.
- c. No you can be clever if you work hard and practise. It doesn't matter if your parents are clever or not.

2. Really clever people are just born that way.

- a. Yes clever people are born that way and they will always be clever.
- b. Some people are born cleverer than others but, they have to work hard too.
- c. No, everyone can be clever if you work hard and practise.

3. I am clever enough to go to university.

- a. Yes people in my family have gone and I am smart so I should go.
- b. I won't go I'm not clever enough.
- c. I could go but, I'll need to work hard.

4. I enjoy my work.

- a. When it is easy, because I know I'll get it all right.
- b. When it is not too easy, because it makes me think and have to work hard.
- c. When it's really challenging. Sometimes I make mistakes, but I know I am learning.

5. I don't enjoy my work.....

- a. It's too easy. I do it without very much effort. It's not very challenging.
- b. I can do it with some effort, but it's not too challenging.
- c. It's hard and I think that I might get it wrong.

6. When I find work too hard...

- a. I just know it's too hard for me.
- b. I think I might be able to do it if I think and try.
- c. I know I'll be able to do it, I need to just work hard and try.

7. How do you feel about sport?

- a. I'm not very good and will never be.
- b. I'm good at it. I'm a sporty kind of person.
- c. I can be good at it. I just need to practise and work hard.

8. How do you feel about sport?

- a. I'm not very good and will never be.
- b. I'm good at it. I'm an artistic kind of person.
- c. I can be good at it. I just need to practise and work hard.

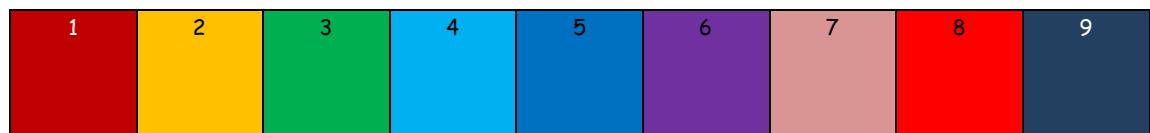
9. How do you feel about music?

- a. I'm not musical and that's just the way I am.
- b. I am musical. I have a talent.
- c. I can be musical. I just need to keep practising.

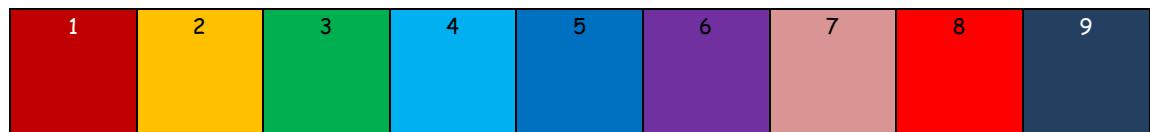
10. How smart do you think you are?

- a. I'm not that smart. It's just the way I am.
- b. I'm smart. My family are smart too.
- c. I can be smart. I just have to work hard and practise.

How smart are you?



How much effort do you put into your work?



Strong Growth Mindset = 58-43 points

Growth Mindset with some Fixed ideas = 42-32 points

Fixed Mindset with some Growth ideas = 31-20 points

Strong Fixed Mindset = 19-0 points