Mindset Questionnaire

Read each statement carefully. Place an F in front of the statement if you think the statement reflects the “fixed mindset”; place a G in front of the statement if you think the statement reflects the “growth mindset.”

1. Human qualities, such as intellectual skills, can grow through effort.
2. Smart people generally make few mistakes.
3. If you struggle in school and fail, it is probably because you are not very smart.
4. You inherit your intelligence from your parents. If your parents are smart you will probably be smart too.
5. Smart people usually do not experience failure.
6. Regardless of how much sports ability you have (or don’t have); you can always change or improve it quite a bit.
7. If you find school difficult, it is probably because you are not very smart.
8. You can grow your intelligence if you try hard and put forth a lot of effort.
9. Human qualities such as intellectual skills are inherited and are mostly unchangeable.
10. You can learn new information, but you cannot change your IQ or intelligence.
11. Smart people avoid failure at all costs.
12. If you have to try really hard in school to get good grades, it is probably because you are not very smart.
13. You can always change basic things about the kind of person you are.
14. Smart kids don’t have to try very hard in school.
15. Intelligence is fixed or genetic, you can’t really change it.

16. Your brain is always changing.

17. When your body stops growing and maturing, your brain also reaches maturity and stops growing.

18. Your brain changes and can grow throughout your lifetime.

19. By the time a student reaches 4th grade you can usually tell how smart they will be.

20. Your intelligence is something very basic about you that you can’t really change.

21. No matter how much effort you expend, you can not fundamentally change your intelligence.

22. Your sports ability is something very basic about you and you just can’t change it very much.

23. Smart kids are born smart; not-so-smart kids are born not-so-smart.

24. You can do things differently, but the important parts of who you are can’t really be changed.

25. You can grow (increase) your intelligence.