



Growth Mindset

Fixed or Growth: What's Your Mindset? Quiz

1. How smart do you think you are?
 A I can always learn more. **B** I only know what I know.
2. There's one thing you're really good at. How did you become so good at it?
 A Lots of practice. **B** I was born this way.
3. You didn't study for a math test and got 7 out of 10 right. Will you study for the next test?
 A Yes **B** No
4. You've always wanted to play an instrument. You try but aren't very good. What do you do?
 A Keep practicing. **B** Give up and try something else.
5. You're born with talents that can't get better or worse.
 A Disagree **B** Agree
6. You make a volcano for the science fair. It doesn't work after the first try. What do you do?
 A Try Again. **B** Pick something different to make.
7. If you're not good at math, you can always get better.
 A Agree **B** Disagree
8. Making mistakes doesn't scare you.
 A Agree **B** Disagree
9. You don't like to try new things.
 A Disagree **B** Agree
10. You're really good at spelling. Do you think you need to practice?
 A Yes. There's more I can learn. **B** No. It comes to me naturally.

Tally up your scores above. If you answered more A's, then you have a growth mindset. If you answered more B's, then you have a fixed mindset. If you answered about the same for A and B, then you have a bit of both mindsets.