

Class Time: 10 minutes

Grade Level: High School, College

Assignment Type: Class/Homework

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### What is Your Mindset?

Please rate how much you agree with the following statements on a scale ranging from 1 (*strongly disagree*) to 7 (*strongly agree*). Place your numerical answer (i.e. 1 to 7) on the line to the left of the statement, and then immediately add the three numbers to receive a total score. Move on to complete page 2, only after you have completed this first page.

Strongly Disagree (1)	Moderately Disagree (2)	Slightly Disagree (3)	Neither Agree Nor Disagree (4)	Slightly Agree (5)	Moderately Agree (6)	Strongly Agree (7)
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#### **Person**

- \_\_\_ The kind of person someone is, is something basic about them, and it can't be changed very much.
  - \_\_\_ Everyone is a certain kind of person, and there is not much that they can do to change that.
  - \_\_\_ You can do things differently, but the important parts of who you are can't really be changed.
- \_\_\_ **Total score**

#### **Math**

- \_\_\_ You have a certain amount of math ability, and you really can't do much to change it.
  - \_\_\_ Your math ability is something about you that you can't change very much.
  - \_\_\_ You can learn new things, but you can't really change your basic math aptitude.
- \_\_\_ **Total score**

#### **Intelligence**

- \_\_\_ You have a certain amount of intelligence, and you really can't do much to change it.
  - \_\_\_ Your intelligence is something about you that you can't change very much.
  - \_\_\_ You can learn new things, but you can't really change your basic intelligence.
- \_\_\_ **Total score**

#### **Science**

- \_\_\_ You have a certain amount of science ability, and you really can't do much to change it.
  - \_\_\_ Your science ability is something about you that you can't change very much.
  - \_\_\_ You can learn new things, but you can't really change your basic science ability.
- \_\_\_ **Total score**

**How to Score Your Mindset Quiz:**

After you have completed the first page, please use Table 1 below to determine your Person, Math, Intelligence and Science mindsets. Then record your mindset for each of these categories in Table 2.

For example, if your total score for the first three statements on “Person” from page 1 was 11 (which is between 10 and 13 in Table 1), then your Person mindset is “A Little Fixed/A Little Growth.” Then in the Record Your Mindset section write “A Little Fixed/A Little Growth” on the line beside Person Mindset.

Total Score	Your Mindset	Table 1
3-6	Strong Growth	
7-9	Growth with Some Fixed	
10-13	A Little Fixed/A Little Growth	
14 -17	Fixed with Some Growth	
18-21	Strong Fixed	

**Record Your Mindset** (Table 2)

Person Mindset \_\_\_\_\_

Math Mindset \_\_\_\_\_

Intelligence Mindset \_\_\_\_\_

Science Mindset \_\_\_\_\_

**References:**

Dweck, C. S. (2000). *Self-theories: Their role in motivation, personality, and development*. Philadelphia: Psychology Press.

Chiu, C., Hong, Y., & Dweck, C. S. (1997). Lay dispositionism and implicit theories of personality. *Journal of Personality and Social Psychology*, 73, 19-30. doi:10.1037/0022-3514.73.1.19