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.