

Growth Mindset Scale

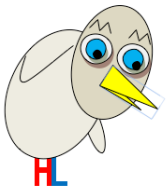
Instructions

Below are ten statements. Give each statement a score of 0, 1, 2 or 3 depending on how strongly you think each statement applies to you.

0 = Strongly Disagree | 1 = Disagree | 2 = Agree | 3 = Strongly Agree

- 1 I believe that I can change my future
- 2 I consider myself to be fortunate
- 3 Life is set out for you and there is little you can do about it
- 4 I am optimistic about the future
- 5 If you find something difficult you should stop and do something else
- 6 I can create my own luck
- 7 There is nothing I cannot accomplish if I try hard enough
- 8 I believe that you are who you are and you can't really change much
- 9 A person's intelligence is fixed and cannot be changed
- 10 You should do things you are good at and avoid the chance of failing





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Scoring and Interpreting the Test

Questions 1,2,4,6,7

Record the score and add to get total for these questions

1	2	4	6	7	Total
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Questions 3,5,8,9,10

Reverse the scoring so that 0 = 3, 1 = 2, 2 = 1, 3 = 0. Next add to get the total for these questions. Finally add the two totals to get a score for the whole test.

3	5	8	9	10	Total
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Total for test					<input type="text"/>

Scores below 15 tend to indicate a fixed mindset whilst scores above 15 are associated with a growth mindset.

This test is not a diagnostic tool and should only be used to raise awareness of growth mindset thinking.

