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

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.

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.