

Growth Mindset Evaluation

What mindset do you have? Indicate whether you agree or disagree with the following statements:

	Agree	Disagree
You cannot change the amount of intelligence you have.		
Even though you can learn new things, this doesn't change how intelligent you are.		
You are able to change the amount of intelligence you have throughout your life.		
Even though you are a certain kind of person now, you can still change the important parts of who you are.		

The first and second statements in this chart are characteristic ways of thinking of you have a fixed mindset. The third and fourth reflect a growth mindset.

1. Which mindset do you have now?

2. How can you continue to move towards a growth mindset?