



Which Mindset do you have?



Look at these questions about intelligence.

Read each statement and decide whether you mostly agree or disagree with it:

1. Your intelligence is something very basic about you that you can't change very much.

Mostly agree

Mostly disagree

2. You can learn new things, but you can't really change how intelligent you are.

Mostly agree

Mostly disagree

3. No matter how much intelligence you have, you can always change it quite a bit.

Mostly agree

Mostly disagree

4. You can always substantially change how intelligent you are.

Mostly agree

Mostly disagree

Look at these questions about personality and character. Read each statement and decide whether you mostly agree or disagree with it:

1. You are a certain type of person, and there is not much that can be done to really change that.

Mostly agree

Mostly disagree

2. No matter what kind of person you are, you can always change substantially.

Mostly agree

Mostly disagree

3. You can do things differently, but the important parts of who you are can't really be changed.

Mostly agree

Mostly disagree

4. You can always change basic things about the kind of person you are.

Mostly agree

Mostly disagree





Questions about intelligence

Questions 1 and **2** are the fixed-mindset questions. **Questions 3** and **4** reflect the growth mindset. Which mindset did you agree with more? You can be a mixture, but people tend to lean toward one or the other.

We all have beliefs about other abilities. You could substitute 'intelligence' in these questions with 'artistic talent', 'sports ability' or 'business skills', for example.

Questions about personality and character

Questions 1 and **3** are the fixed-mindset questions and questions **2** and **4** reflect the growth mindset. Which did you agree with more?

Answers to these questions may differ from answers to the intelligence mindset questions.

Our 'intelligence mindset' comes into play when situations involve mental ability. Our 'personality mindset' comes into play in situations that involve your personal qualities – for example, how dependable, cooperative, caring or socially skilled you are. The fixed mindset makes you concerned about how you'll be judged; the growth mindset makes you concerned with improving.

