

Take the Mindset Assessment to Learn More About Your Mindset

Our mindsets exist on a continuum from fixed to growth, and although we'd like to always have a growth mindset, the reality is that we can only be on a journey to a growth mindset. The goal is to recognize fixed mindset elements in ourselves and then reflect on feedback and strategies for how to improve.

The Mindset Assessment is a quick diagnostic tool drawn from research-validated measures for people age 12 and over to use to assess their mindsets. It has been used in many studies to show how mindsets can change, and can be used by you and your students to identify areas in which you can work toward a growth mindset. You will be delivered personalized feedback after you submit the assessment.

1. No matter how much intelligence you have, you can always change it a good deal.

Disagree A Lot Disagree Disagree A Little Agree A Little Agree Agree A Lot

2. You can learn new things, but you cannot really change your basic level of intelligence.

Disagree A Lot Disagree Disagree A Little Agree A Little Agree Agree A Lot

3. I like my work best when it makes me think hard.

Disagree A Lot Disagree Disagree A Little Agree A Little Agree Agree A Lot

4. I like my work best when I can do it really well without too much trouble.

Disagree A Lot Disagree Disagree A Little Agree A Little Agree Agree A Lot

5. I like work that I'll learn from even if I make a lot of mistakes.

Disagree A Lot Disagree Disagree A Little Agree A Little Agree Agree A Lot

6. I like my work best when I can do it perfectly without any mistakes.

Disagree A Lot Disagree Disagree A Little Agree A Little Agree Agree A Lot

7. When something is hard, it just makes me want to work more on it, not less.

Disagree A Lot Disagree Disagree A Little Agree A Little Agree Agree A Lot

8. To tell the truth, when I work hard, it makes me feel as though I'm not very smart.

Disagree A Lot Disagree Disagree A Little Agree A Little Agree Agree A Lot

Website: <http://blog.mindsetworks.com/what-s-my-mindset?view=quiz>