

Figure 6.3: Growth Versus Fixed Mindset Intelligence Survey

Directions: Identify which statement you agree with most.

1.
 - A. There are some subjects in school I am good at, and some I am not good at.
 - B. There are some subjects in school I try harder at than others.
2.
 - A. Failing is never OK.
 - B. Failing can be OK if I learn something.
3.
 - A. Some of my peers are smarter than I am.
 - B. Some of my peers try harder than I do.
4.
 - A. Sometimes trying harder helps, but it doesn't really change how smart you are.
 - B. If I wanted to be smarter in certain subjects or sports, I could try harder.
5.
 - A. I know I can do well at the things I'm good at.
 - B. I know I can do well at anything if I really want to.

Source: Adapted from Dweck, 2000.