

Determine Your Mindset

› If your profile number falls into this range:

8-16

You strongly believe that your intelligence is fixed—it doesn't change much. If you can't perform perfectly, you would rather not do something. You think smart people don't have to work hard.

17-24

You think that your intelligence doesn't change much. You prefer not to make mistakes if you can help it, and you also don't really like to put in a lot of work. You think learning should be easy.

25-32

You are unsure about whether you can change your intelligence. You care about your performance and you also want to learn, but you don't really want to have to work too hard for it.

33-40

You believe that you can increase your intelligence. You care about learning and you're willing to work hard. You want to do well, but you think it's more important to learn than to always perform well.

41-48

You really feel sure that you can increase your intelligence by learning and you like a challenge. You believe that the best way to learn is to work hard, and you don't mind making mistakes while you do it.

Compare Two Mindsets

› Fill in both definitions and answer the questions below.

FIXED Mindset

means that _____

GROWTH Mindset

means that _____

Reflection Questions



Ⓐ Which survey question surprised you?

I was surprised by the question about _____

because _____

Ⓑ What would you like to learn about mindsets?

I would like to learn about _____

because _____

