

<i>Circle the word(s) that indicate how much you agree with each statement.</i>							SCORE
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	
Your Overall Mindset Score:							

Mindset Quiz Scoring Guide

For questions with odd numbers (1, 3, 5, 7) use the following scores:

Disagree a lot	Disagree	Disagree a little	Agree a little	Agree	Agree a lot
1	2	3	4	5	6

For questions with even numbers (2, 4, 6, 8) use the following scores:

Disagree a lot	Disagree	Disagree a little	Agree a little	Agree	Agree a lot
6	5	4	3	2	1

Total up your score for each question to arrive at your overall mindset score. Use the table below to interpret your score:

If your overall mindset score falls into this range:	Then you usually believe the following things:
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 lean toward thinking 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 may think that learning should be easy.
25–32	You're not sure 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 your intelligence is something that you can increase. 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 feel very 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 believe that making mistakes is an inevitable part of the learning process.