

# The Resiliency Project

## Growth Mindset Assessment



Read each of the following statements and decide whether you mostly agree or disagree with it.

	Mostly Agree	Mostly Disagree
1. Your intelligence is something very basic about you that you can't change very much.		
2. You can learn new things, but you can't change how intelligent you are.		
3. No matter how much intelligence you have, you can always change it quite a bit.		
4. You can always substantially change how intelligent you are.		
5. You are a certain kind of person, and there's not much that can be done to really change that.		
6. No matter what kind of person you are, you can always change substantially.		
7. You can do things differently, but the important parts of who you are can't really be changed.		
8. You can always change basic things about the kind of person you are.		

### Understanding Your Results

If you mostly agreed with statements 1, 2, 5, and 7, you basically believe that intelligence and other personal qualities are set in stone, determined by heredity. In the scientific literature this is now referred to as having a *fixed mindset*. If, on the other hand, you mostly agreed with statements 3, 4, 6, and 8 then you fundamentally believe that intelligence and other personal qualities are not dictated by genetics, that they can be significantly improved with time and hard work. In the scientific literature, this is now referred to as a *growth mindset*.