

## Which mindset do you have?

Please answer these questions about intelligence. Read each statement and decide whether you mostly agree or mostly disagree with it by circling one answer. You also have beliefs about other abilities. You could substitute “artistic talent,” sports ability,” or “business skill” or something of your choice in place of intelligence.”

1. Your intelligence is something very basic about you that you can't change very much.  
Mostly agree or Mostly disagree
2. You can learn new things, but you can't really change how intelligent you are.  
Mostly agree or Mostly disagree
3. No matter how much intelligence you have, you can always change it quite a bit.  
Mostly agree or Mostly disagree
4. You can always substantially change how intelligent you are. Mostly agree or Mostly disagree

You also have beliefs about personal qualities too. Please look at these statements about personality and character and decide whether you mostly agree or mostly disagree with each one by circling one answer.

1. You are a certain kind of person, and there is not much that can be done to really change that.  
Mostly agree or Mostly disagree
2. No matter what kind of person you are, you can always change substantially.  
Mostly agree or Mostly disagree
3. You can do things differently, but the important parts of who you are can't really be changed.  
Mostly agree or Mostly disagree
4. You can always change basic things about the kind of person you are.  
Mostly agree or Mostly disagree