

# ARE YOU MAXIMISING YOUR MINDSET?

“The view we adopt for ourselves profoundly affects the way we lead our lives. It can determine whether you become the person you want to be and whether you commit to and accomplish the things you value.” Carol Dwek

A mindset is a frame of mind, a recurring way of seeing things that reflects your deep beliefs and gives a particular view of yourself and the world. Below is a survey you can take to give you an indication of your mindset.

## The Mindset Survey

The Mindset Survey is an eight-item measure of beliefs about the malleability of ability. The survey consists of two subscales, intelligence and character. According to Dweck's (1999) mindset theory, people can perceive intelligence and character as things that are set (a fixed mindset) or things that can be developed (a growth mindset). A person with a fixed mindset believes that such human qualities are carved in stone, whereas a person with a growth mindset believes that intelligence and character can be cultivated with effort (Dweck, 1999).

The mindset survey might give you some idea where you sit on the mindset continuum but remember it's just a guide and you can change your mindset at any time with awareness and effort.

## Scoring

To score this tool, simply add up all individual item scores within each subscale (intelligence and character). For the intelligence subscale, items 1 and 2 reflect a fixed mindset and items 3 and 4 reflect a growth mindset. For the character subscale, items 5 and 7 reflect a fixed mindset and items 6 and 8 reflect a growth mindset. Total subscale scores range from fixed (4) to growth (16) mindset.

Total subscale scores can be interpreted as follows:

- 4 - 6 Strong fixed mindset
- 7 - 10 Fixed mindset with some growth ideas
- 10 - 13 Growth mindset with some fixed ideas
- 14 - 16 Strong growth mindset

Find the survey on the next page...

# MINDSET SURVEY

## Instructions

This survey has been designed to explore ideas about your intelligence (items 1-4) and character (items 5-8). Please indicate the extent to which you agree or disagree with each of the following statements:

1. *Your intelligence is something very basic about you that you can't change very much.*

Strongly disagree	Disagree	Agree	Strongly agree
4	3	2	1

2. *You can learn new things, but you can't really change how intelligent you are.*

Strongly disagree	Disagree	Agree	Strongly agree
4	3	2	1

3. *No matter how much intelligence you have, you can always change it quite a bit.*

Strongly disagree	Disagree	Agree	Strongly agree
4	3	2	1

4. *You can always substantially change how intelligent you are.*

Strongly disagree	Disagree	Agree	Strongly agree
4	3	2	1

5. *You are a certain kind of person, and there is not much that can be done to really change that.*

Strongly disagree	Disagree	Agree	Strongly agree
4	3	2	1

6. *No matter what kind of person you are, you can always change substantially.*

Strongly disagree	Disagree	Agree	Strongly agree
4	3	2	1

7. *You can do things differently, but the important parts of who you are can't really be changed.*

Strongly disagree	Disagree	Agree	Strongly agree
4	3	2	1

8. *You can always change basic things about the kind of person you are.*

Strongly disagree	Disagree	Agree	Strongly agree
4	3	2	1