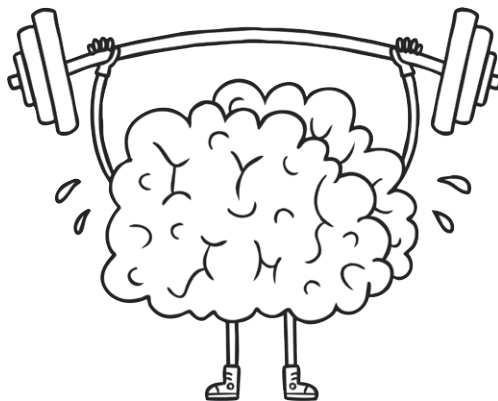


Growth Mindset Quiz

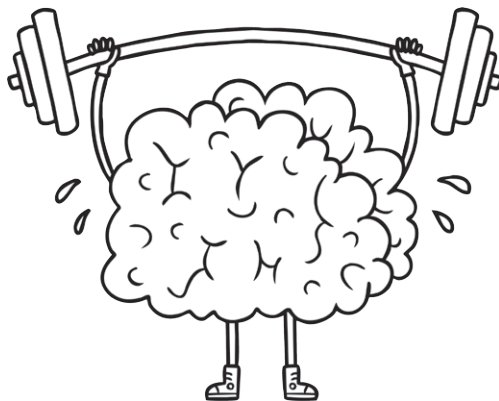
Are the following comments growth or fixed mindset? Write a 'G' for 'growth' or an 'F' for 'fixed'.

1. When I'm frustrated, I persevere. _____
2. I ignore criticism or advice. _____
3. I embrace challenges. _____
4. I'm inspired by the success of others. _____
5. I will learn how to do this. _____
6. I'll never be able to do it. _____
7. My effort and attitude determine everything. _____
8. I ask how I can improve. _____
9. I'll try and solve the problem using a different strategy. _____
10. I can't improve this any further. _____



Are the following comments growth or fixed mindset? Write a 'G' for 'growth' or an 'F' for 'fixed'.

11. I can go beyond my best. _____
12. This may take time and effort, but I'll get the hang of it! _____
13. I'm not clever enough to be able to do this. _____
14. Mistakes help me to learn and improve. _____
15. I support and encourage other learners. _____
16. My friend is smarter than me because he can do it and I can't. _____
17. I thrive on feedback. _____
18. I try to overcome obstacles. _____
19. They can't do it. _____
20. OK, plan A didn't work so now time for plan B! _____



Growth Mindset Quiz Answers

Are the following comments growth or fixed mindset? Write a 'G' for 'growth' or an 'F' for 'fixed'.

1. When I'm frustrated, I persevere. – **Growth**
2. I ignore criticism or advice. – **Fixed**
3. I embrace challenges. – **Growth**
4. I'm inspired by the success of others. – **Growth**
5. I will learn how to do this. – **Growth**
6. I'll never be able to do it. – **Fixed**
7. My effort and attitude determine everything. – **Growth**
8. I ask how I can improve. – **Growth**
9. I'll try and solve the problem using a different strategy. – **Growth**
10. I can't improve this any further. – **Fixed**
11. I can go beyond my best. – **Growth**
12. This may take time and effort, but I'll get the hang of it! – **Growth**
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17. I thrive on feedback. – **Growth**
18. I try to overcome obstacles. – **Growth**
19. They can't do it. – **Fixed**
20. OK, plan A didn't work so now time for plan B! – **Growth**