

# Growth Mindset Evaluation

What mindset do you have? Indicate whether you agree or disagree with the following statements:

	Agree	Disagree
<b>You cannot change the amount of intelligence you have.</b>		
<b>Even though you can learn new things, this doesn't change how intelligent you are.</b>		
<b>You are able to change the amount of intelligence you have throughout your life.</b>		
<b>Even though you are a certain kind of person now, you can still change the important parts of who you are.</b>		

*The first and second statements in this chart are characteristic ways of thinking of you have a fixed mindset. The third and fourth reflect a growth mindset.*

**1. Which mindset do you have now?**

**2. How can you continue to move towards a growth mindset?**