

STEP 1: Self-Assessment

Students self-assess their mindsets using the following mindset quiz.

Directions: Read each statement and decide if it is **TRUE** or **FALSE** for you. Circle your answer.

1. If I have to work hard at something, it means that I'm not smart.

TRUE or **FALSE**

2. I like to try things that are hard.

TRUE or **FALSE**

3. When I make a mistake, I get embarrassed.

TRUE or **FALSE**

4. I like to be told I'm smart.

TRUE or **FALSE**

5. I usually quit when something gets difficult or frustrating.

TRUE or **FALSE**

6. I don't mind making mistakes. They help me learn.

TRUE or **FALSE**

7. There are some things I'll never be good at.

TRUE or **FALSE**

8. Anyone can learn something if they work hard at it.

TRUE or **FALSE**

9. People are born stupid, average, or smart, and can't change it.

TRUE or **FALSE**

10. Doing my best makes me proud, even if it's not perfect.

TRUE or **FALSE**

How many of the odd-numbered statements did you think were true?

How many of the even-numbered statements did you think were true?
