



BOYS & GIRLS CLUBS
OF THE PENINSULA

Mindset Quiz

Directions: For each statement, circle the option that you think fits. Is the statement an example of a Growth mindset or a Fixed mindset? Circle **Fixed statement** or **Growth statement** to indicate the type of statement.

1. Wow, you got an A without even studying. Look at how smart you are!
Fixed statement / Growth statement
2. I've been working on this for like 2 hours, and I don't get it. I am so dumb.
Fixed statement / Growth statement
3. You worked really hard on that, it definitely shows! Great work!
Fixed statement / Growth statement
4. That's a nice grade you got. See, I knew you were smart.
Fixed statement / Growth statement
5. You got an A+ on that Paper! What did you do to get there?
Fixed statement / Growth statement
6. I don't get it!
Fixed statement / Growth statement
7. You put a lot of thought into this essay. Great work.
Fixed statement / Growth statement
8. You just got all of those questions right. How did you do that?
Fixed statement / Growth statement
9. Wow, you did that so fast, and you didn't make any mistakes!
Fixed statement / Growth statement



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10. Write your reaction to a student completing an assignment quickly and perfectly:

11. Write your reaction to a student completing an assignment quickly and perfectly:

12. Revise a Fixed statement from above:

13. Revise a Fixed statement from above: