**What is your mindset like?**

*…a brief look at yourself.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| agree or disagree? | strongly disagree | disagree  | slightly disagree | slightly agree | agree | strongly agree | score |
| **1) It doesn't matter how much talent you have because you can influence it yourself.** | 1 | 2 | 3 | 4 | 5 | 6 |  |
| **2) I like it when I have to think deeply about something.** | 1 | 2 | 3 | 4 | 5 | 6 |  |
| **3) I enjoy doing things that allow me to learn, even if it means making mistakes.** | 1 | 2 | 3 | 4 | 5 | 6 |  |
| **4) If I find something difficult, I want to spend more time on it.** | 1 | 2 | 3 | 4 | 5 | 6 |  |
| **Total score****Part 1** |  |  |  |  |  |  | ……… |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| agree or disagree? | strongly disagree | disagree  | slightly disagree | slightly agree | agree | strongly agree | score |
| **5) You can always learn new things, but you cannot change how smart you are.** | 6 | 5 | 4 | 3 | 2 | 1 |  |
| **6) I like it when I can do some-thing well without putting in a lot of effort.** | 6 | 5 | 4 | 3 | 2 | 1 |  |
| **7) I enjoy doing something that I can do perfectly.**  | 6 | 5 | 4 | 3 | 2 | 1 |  |
| **8) I feel less valued if I have to put in more effort than others to do something.** | 6 | 5 | 4 | 3 | 2 | 1 |  |
| **Total score Part 2** |  |  |  |  |  |  | ……… |

***Total score Part 1 and Part 2: …..***

**Find your score**

|  |  |
| --- | --- |
| **8-16 points** | You strongly believe that your talents, abilities, and capabilities are fixed abilities. You cannot really influence these things. If you cannot perform well in something, or if you think you might not do well on a test, you prefer not to do it. You believe that smart and talented people do not have to work hard to be good at something. |
| **17-24 points** | You believe that your skills and intelligence are probably not able to change much. You like situations where you can score well, where you probably won't make mistakes, or where you don't have to put in a lot of effort. You also think that "learning something" or "becoming better at something" should be easy. |
| **25-32 points**  | You are not sure whether you can change your skills and intelligence. Achieving results and success is important to you, so learning is also important. You also do not like to put in too much effort for something. |
| **33-40 points**  | You believe that you can change your intelligence and skills. Learning is very important to you, and you don't mind putting in effort to achieve something. While performing well is important to you, you believe that learning and development are actually more important than scoring high or always making a good impression. |
| **41-48 points** | You strongly believe that you can improve and grow your intelligence and skills. You love challenges and know that perseverance is the best way to learn. It does not matter to you if you make mistakes or do not make a good impression, as long as you become better at something. |