

GROWTH MINDSET REFLECTION EXAMPLES

Example 1- Mindset quizzes

	Α	В
1. If things are hard to do, that means I am dumb.	True	False
2. Doing challenging things frustrates me, so I quit.		False
3. I don't learn from mistakes; I just get embarrassed.		False
4. If I try hard, my brain will get smarter.		True
5. I can't do anything to change how smart I am or am not.		False
6. Anyone can be an athlete or musician with hard work and practice.		True
7. When things get hard, I try harder.		True
Total A: Total B:		

I have a Fixed/Growth mindset.

	Α	В
When things get hard, I try harder.	False	True
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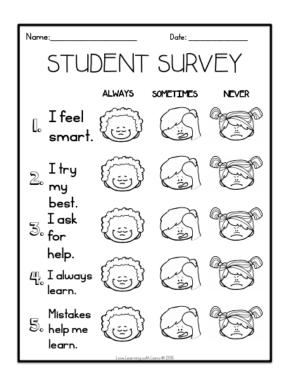
I have a Fixed/Growth mindset.



Example 2- Mindset surveys

Growth Mindset Self Reflection

	Always	Sometimes	Not Yet
I learn from my mistakes.			
I try hard things.			<u> :</u>
I set goals for myself.	4	••	••
I keep tryîng untîl I get ît.	4		<u></u>
I know my brain can grow.	4	••	••
I think feedback helps me.	4	••	•••



Mindset Self-Assessment

	TRUE	FALSE
When I do something incorrectly, I try		
again.		
I like to try things that are hard.		
People who are smart don't have to		
work hard.		
If I make a mistake, I get upset and		
embarrassed.		
Anyone can learn something if they		
work hard at it.		
If I have to work hard at something, it		
means I'm not smart.		
When I have trouble understanding		
something I give up.		
People who are smart were born that		
way.		
I don't mind making mistakes. They		
help me learn.		
There are some things I will never be		
good at.		



Example 3- Growth goals

THE POWER OF YET	
I can	
I can	
I can	
I can't	
WET	
	I can reach my goals!
	I ωill
	Twe things I will de te reach my geal.
	1
	2