

Fixed vs. Growth Mindset: Self-Assessment
Continuum Reflection

Name: _____ Date: _____

Based upon your ratings, how would you explain your current mindset to a (circle one):

...Classmate? ...Teacher? ...Grandparent? ...Younger sibling?

Provide a recent school-based example that demonstrates one of the continuum indicators.

Provide a recent community-based (i.e., out-of-school) example that demonstrates a different continuum indicator.

Looking at your ratings on the continuum, choose one indicator to work on moving closer toward a **growth** mindset.

The indicator that I will work on moving closer to a growth mindset is:

_____.

Some things that I can do—or need to do—to make my goal happen include: