

Fixed vs. Growth Mindset: Self-Assessment Continuum

Name: _____ Date: _____

Directions: Circle the marker on each line that best represents where you see yourself at this point in time.

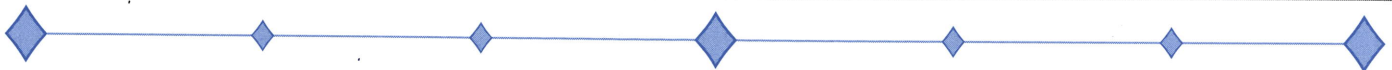
Fixed

Mixed

Growth

Taking on Challenges

You don't really take on challenges on your own. You feel that challenges are to be avoided.	You might take on challenges when you have some previous experience with success in a related challenge.	You look forward to the next challenge and have long-range plans for new challenges.
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Learning From Mistakes

You see mistakes as failures, as proof that the task is beyond your reach. You may hide mistakes or lie about them.	You may accept mistakes as temporary setbacks, but lack strategies to apply what you have learned from the mistakes in order to succeed.	You see mistakes as temporary setbacks—something to be overcome. You reflect about what you learned and apply that learning when revisiting the task.
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Accepting Feedback and Criticism

You feel threatened and/or insulted by feedback and may avoid it altogether. Criticism and constructive feedback are seen as a reason to quit.	You may be motivated by feedback if it is not overly critical or threatening. The person who is giving the feedback, the level of difficulty of the task, or the personal feelings involved might all be factors in your motivation.	You invite and are motivated by feedback and criticism. You apply new strategies as a result of feedback. You think of feedback as being a supportive element in the learning process.
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