Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: 3 4 5 7 Date: \_\_\_\_\_\_\_\_\_

**Anticipation Guide**

**Directions:** To what extent do you agree or disagree with these statements:

**Strongly Agree(SD) Agree (A) Disagree (D) Strongly Disagree (SD)**

1. Your intelligence is something very basic about you that you can’t change very much. \_\_\_\_\_\_\_\_\_\_\_

2. No matter how much intelligence you have, you can always change it quite a bit. \_\_\_\_\_\_\_\_\_\_\_

3. You can always substantially change how intelligent you are. \_\_\_\_\_\_\_\_\_\_\_

4. You are a certain kind of person, and there is not much that can be done to really change that. \_\_\_\_\_\_\_\_\_\_\_

5. You can always change basic things about the kind of person you are. \_\_\_\_\_\_\_\_\_\_\_

6. Music talent can be learned by anyone. \_\_\_\_\_\_\_\_\_\_\_

7. Only a few people will be truly good at sports – you have to be “born with it.” \_\_\_\_\_\_\_\_\_\_\_

8. Math is much easier to learn if you are male or maybe come from a culture who values math. \_\_\_\_\_\_\_\_\_\_\_

9. The harder you work at something, the better you will be at it. \_\_\_\_\_\_\_\_\_\_\_

10. No matter what kind of person you are, you can always change substantially. \_\_\_\_\_\_\_\_\_\_\_

11. Trying new things is stressful for me and I avoid it. \_\_\_\_\_\_\_\_\_\_\_

12. Some people are good and kind, and some are not – it’s not often that people change. \_\_\_\_\_\_\_\_\_\_\_

13. I appreciate when people, parents, coaches, teachers give me feedback about my performance. \_\_\_\_\_\_\_\_\_\_\_

14. I often get angry when I get feed back about my performance. \_\_\_\_\_\_\_\_\_\_\_

15. All human beings without a brain injury or birth defect are capable of the same amount of learning. \_\_\_\_\_\_\_\_\_\_

16. You can learn new things, but you can’t really change how intelligent you are. \_\_\_\_\_\_\_\_\_\_\_

17. You can do things differently, but the important parts of who you are can’t really be changed. \_\_\_\_\_\_\_\_\_\_\_

18. Human beings are basically good, but sometimes make terrible decisions. \_\_\_\_\_\_\_\_\_\_\_

19. An important reason why I do my school work is that I like to learn new things. \_\_\_\_\_\_\_\_\_\_\_

20. Truly smart people do not need to try hard. \_\_\_\_\_\_\_\_\_\_

**Key**

1. ability mindset – fixed

2. ability mindset –growth

3. ability mindset – growth

4. personality/character mindset - fixed

5. personality/character mindset – growth

6. ability mindset – growth

7. ability mindset – fixed

8. ability mindset – fixed

9. ability mindset – growth

10. personality/character mindset - growth

11. ability mindset – fixed

12. personality/character mindset – fixed

13. ability mindset –growth

14. ability mindset – fixed

15. ability mindset – growth

16. ability mindset – fixed

17. personality/character mindset – fixed

18. personality/character mindset –growth

19. ability mindset – growth

20. ability mindset - fixed

**Scoring**

**Growth Questions**

1. Strongly agree – 3 points

2. Agree – 2 points

3. Disagree – 1 point

4. Strongly disagree – 0 point

**Fixed Questions**

1. Strongly agree – 0 point

2. Agree – 1 point

3. Disagree – 2 points

4. Strongly disagree – 3 points

**Result**

**Strong Growth Mindset** = 60-45 points

**Growth Mindset with some Fixed ideas** = 44-34 points

**Fixed Mindset with some Growth ideas**= 33-21 points

**Strong Fixed Mindset**= 20-0 points

Adapted from:

Dweck, C. S. (2006). Mindset: The new psychology of success. New York: Random House Inc.