Growth Mindset Scale

In this section, please think about your learning in general.

Please indicate how true each of the following statements is for you:

• My intelligence is something that I can’t change very much.
• Challenging myself won’t make me any smarter.
• There are some things I am not capable of learning.
• If I am not naturally smart in a subject, I will never do well in it.

(Not At All True, A Little True, Somewhat True, Mostly True, Completely True)

Citation: Farrington et al. (2013) Becoming Effective Learners Survey Development Project, Chicago Consortium for School Research