

## 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