

Mindset and Learning Worksheet  
UIU Strategies for Success Workshop

**Mindset Pretest**

1. I was born with some talents that cannot be changed.  
    \_\_\_Agree      \_\_\_Disagree
2. Your intelligence is something you cannot change very much.  
    \_\_\_Agree      \_\_\_Disagree
3. If I have to work hard on something, it makes me feel as though I am not very smart.  
    \_\_\_Agree      \_\_\_Disagree
4. When something is difficult, it just make me want to work on it less.  
    \_\_\_Agree      \_\_\_Disagree
5. I like my work best when it makes me think hard.  
    \_\_\_Agree      \_\_\_Disagree
6. No matter who you are, you can change your intelligence level.  
    \_\_\_Agree      \_\_\_Disagree
7. You can always change the level of talent you have.  
    \_\_\_Agree      \_\_\_Disagree
8. I like work that I learn from, even if I make many mistakes.  
    \_\_\_Agree      \_\_\_Disagree

Give yourself 1 point for questions 1 – 4 if you marked “disagree.” \_\_\_\_\_

Give yourself 1 point for questions 5 – 8 if you marked “agree.” \_\_\_\_\_

Total \_\_\_\_\_

If you have a higher number in 1-4, you may be using a fixed mindset.  
If you have a higher number in 5-8, you may be using a growth mindset.

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Mindset Worksheet

1. List times when you experienced a new challenge, learned something new, experienced setbacks or failures, or received criticism: \_\_\_\_\_

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2. Using your list above, write down four Fixed Mindset phrases that you told yourself during those times.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

3. List four ways you can “talk back” to your Fixed Mindset thoughts with Growth Mindset phrases.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

4. Reflect on how you typically hear criticism. What goes through your head and how can you change your thoughts on criticism to be in a growth mindset?

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