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.
Mindset and Learning Worksheet
UIU Strategies for Success Workshop

Mindset Worksheet

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

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?
   ________________________________________
   ________________________________________
   ________________________________________
   ________________________________________