

Growth Mindset Scale

This survey accompanies a measure in the SPARQTools.org [Measuring Mobility toolkit](#), which provides practitioners curated instruments for assessing mobility from poverty and tools for selecting the most appropriate measures for their programs.

Age: Child, Teen, Adult

Duration: < 3 minutes

Reading Level: 6th to 8th grade

Number of items: 3

Answer Format: 1 = strongly agree; 2 = agree; 3 = mostly agree; 4 = mostly disagree; 5 = disagree; 6 = strongly disagree.

Scoring:

To calculate the total score for each participant, take the average rating of the items by adding respondents' answers to each item and dividing this sum by the total number of items (3).

Sources:

Dweck, C. S. (1999). *Self-theories: Their role in motivation, personality, and development*. Philadelphia: Psychology Press.

Dweck, C. S., Chiu, C. Y., & Hong, Y. Y. (1995). Implicit theories and their role in judgments and reactions: A world from two perspectives. *Psychological Inquiry*, 6(4), 267-285.

Instructions: Read each sentence below and then circle the *one* number that shows how much you agree with it. There are no right or wrong answers.

1. You have a certain amount of intelligence, and you can't really do much to change it.

| | | | | | |
|-------------------|-------|-----------------|--------------------|----------|----------------------|
| Strongly agree | Agree | Mostly agree | Mostly disagree | Disagree | Strongly disagree |
|-------------------|-------|-----------------|--------------------|----------|----------------------|

2. Your intelligence is something about you that you can't change very much.

| | | | | | |
|-------------------|-------|-----------------|--------------------|----------|----------------------|
| Strongly agree | Agree | Mostly agree | Mostly disagree | Disagree | Strongly disagree |
|-------------------|-------|-----------------|--------------------|----------|----------------------|

3. You can learn new things, but you can't really change your basic intelligence.

| | | | | | |
|-------------------|-------|-----------------|--------------------|----------|----------------------|
| Strongly agree | Agree | Mostly agree | Mostly disagree | Disagree | Strongly disagree |
|-------------------|-------|-----------------|--------------------|----------|----------------------|