

# Growth Mindset Assessment and Reflection

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When students embody a growth mindset, they understand that their natural intelligence and skills are just the beginning, and that abilities and skills can be developed. They're more willing to try new experiences and take risks to further their learning. This resource helps students understand what a growth mindset is and reflect on their own mindsets.

## How to Use This Resource

The next four pages are student facing materials. Preview all four steps, then review the implementation suggestions that follow each and customize the student materials as needed.

### Step 1: Self-Assess

Encourage students to take their time and reflect on their mindsets independently, choosing the answer that is most accurate for themselves, rather than what they believe to be the “correct” answer. Emphasize that they will not need to share their answers and that responses won't be tied to a grade.

### Step 2: Learn Something New

Consider grouping students for this activity. Ask each group to explore all three resources, or instruct students to review one resource as a group and share their findings with the class. If you choose to make this a group activity, be sure to revise the directions in the student materials.

### Step 3: Sort Them Out

Ask students to work individually or in pairs, before coming together as a whole class to discuss. Consider modeling the process with the first two or three statements before students begin.

### Step 4: Reflect

Provide green and yellow highlighters if students are completing the activity on paper. Consider following up the reflection with a discussion and allow volunteers to share or ask questions.

### Step 5: Mindset Reframed

Options for this final step include asking students to choose three or four statements to revise into growth mindset statements or allowing students to work in pairs/small groups to collaborate on revisions. Follow up this activity with a discussion: how hard was it to revise the statements? How did this activity change the way you see your own mindset?

## Step 1: Self-Assess

Read each sentence and check the box that best describes your reaction.

Sentence	This sounds like me. (I have definitely said or thought this.)	This sort of sounds like me. (I may have said or thought this.)	This definitely does not sound like me. (I have never said or thought this.)
I'm not good at this.			
What am I missing?			
I give up.			
I'll try a different way.			
This is good enough. I'll turn it in.			
Is this really my best work?			
I can't make this any better.			
I think I can improve this by _____.			
This is too hard.			
I may need more time to do this.			
I think I need more practice with.....			
Everyone else can do this and I can't.			
I need to ask for help.			

## Step 2: Learn something new

Pick at least one of the resources below to learn about the difference between a growth mindset and a fixed mindset.

[Infographic](#)

[Video explanation](#)

[Video and article explanation](#)

## Step 3: Sort them out

Read each statement in the bank below. Sort the phrases by putting each one into correct categories: is it a fixed mindset statement or a growth mindset statement?

I'm not good at this.

This is good enough.

This is too hard.

What am I missing?

Is this really my best work?

This may take some time.

I give up.

I can't make this any better.

Everyone else can do this.

I'll try a different method.

I can always improve.

I'll ask someone to help me.

Fixed Mindset Statements	Growth Mindset Statements

## Step 4: Reflect

- Review your chart from Step 1 and highlight the sentences: green for growth mindset and yellow for fixed mindset. Then, look at all the sentences you marked as “This sounds like me” (the first column). Are most of them green or yellow?
- Based on what you see, do you think that you currently have a growth mindset or a fixed mindset? Why?

## Step 5: Mindset Reframed

Review the fixed mindset statements in the left hand column of the chart below. Then, create a growth mindset statement in response to each one.

Fixed mindset statement	Growth mindset statement
<i>Ex. If I'm not being graded, why even do this?</i>	<i>Ex. How will this help me grow? What am I going to learn by doing this?</i>
No, I didn't try because I know I'm terrible at this.	
I don't want to do this. It's too hard.	
I keep trying, but I still don't understand.	
Why do I have to do this?	
I don't want to work with them, they are all smarter than me.	
I always struggle with math.	
I can't make this any better, I give up.	
I don't need any help.	
I don't like their feedback.	

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