

## What's My Mindset?

Individually rate each statement as illustrating more of a fixed or growth mindset.

Statement	Fixed Mindset	Growth Mindset
1. I am good at reading, but I just can't do math.		
2. I can accept honest, constructive feedback because it helps me identify areas where I need to improve.		
3. I am not good at sports because most of the people in my family are not good at sports.		
4. When I am not good at something, I admit it and move on to another challenge.		
5. I attempt challenging tasks because they will help me grow my intelligence.		
6. I can learn from my mistakes.		

After you have classified each statement, work with a partner and discuss why each statement is either a fixed or a growth mindset statement. Then, individually review your answers from the prior activity, "Identify Self-Efficacy Strengths." Finally, reflect on whether your answers represent a growth mindset, fixed mindset, or a combination of both, and write a brief summary of your reflection.