

# Growth Mindset Scale

**Intended Age of Participant:** Child, Teen, Adult

**Reading Level of Questions:** 6th to 8th grade

## 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. I know that with effort I can improve my skills and knowledge**

1 Not like me at all	2 Not like me	3 Somewhat like me	4 Like me	5 Very much like me
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**2. I can influence and change my development in general**

1 Not like me at all	2 Not like me	3 Somewhat like me	4 Like me	5 Very much like me
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**3. I can change my skills and knowledge through practice**

1 Not like me at all	2 Not like me	3 Somewhat like me	4 Like me	5 Very much like me
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**4. I like to take challenges and try new things**

1 Not like me at all	2 Not like me	3 Somewhat like me	4 Like me	5 Very much like me
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**5. I see learning as my goal**

1 Not like me at all	2 Not like me	3 Somewhat like me	4 Like me	5 Very much like me
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## 6. Effort makes me stronger

1 Not like me at all	2 Not like me	3 Somewhat like me	4 Like me	5 Very much like me
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## 7. I want to spend more time and work more on an area/theme/skill to develop my skills and knowledge

1 Not like me at all	2 Not like me	3 Somewhat like me	4 Like me	5 Very much like me
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## 8. I have faith in my own skills and my possibilities

1 Not like me at all	2 Not like me	3 Somewhat like me	4 Like me	5 Very much like me
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### 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 (8). The maximum score is 5, which indicates a High Growth Mindset. The lowest possible score is 1, which indicates a Low Growth Mindset.

Source: Sigmundsson, H., Haga, M. (2024). Growth Mindset Scale: Aspects of reliability and validity of a new 8-item scale assessing growth mindset. *New Ideas in Psychology*, 75, 1-5. <https://doi.org/10.1016/j.newideapsych.2024.101111>

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