Fixed Mind-Set

I don’t want to have my inadequacies and errors revealed. I will withdraw from valuable learning opportunities if I think this will happen.

Even if I’m doing well initially, I won’t be able to cope with a problem or obstacle. I readily disengage from tasks when obstacles occur.

I am only interested in feedback if it reflects my ability or when it tells me if I was right or wrong.

I need easy successes to feel clever. Challenges are a threat to my self- esteem, so I won’t engage in them.

Growth Mind-Set

I think intelligence is something I can increase with my own efforts. I am keen to work hard and learn as much as I can.

I like to learn something new. I will readily sacrifice opportunities to look clever in favour of opportunities to learn something new.

I acknowledge that there are differences between people in how much they know and how quickly they master things. I believe that everyone, with effort and guidance, can increase their intellectual abilities.

I like challenge. Even if I have low confidence in my intelligence, I throw myself into difficult tasks and stick with them. I set myself goals and make sure I have strategies to reach them.

Feedback is important to me as it gives me information that can stretch my knowledge.

I feel clever when I am fully engaged with a new task, exerting effort to master something, stretching my skills and putting my knowledge to good use, for example, helping others to learn.

Failure can be painful but it does not define me. It is a problem to be faced, dealt with and learnt from.