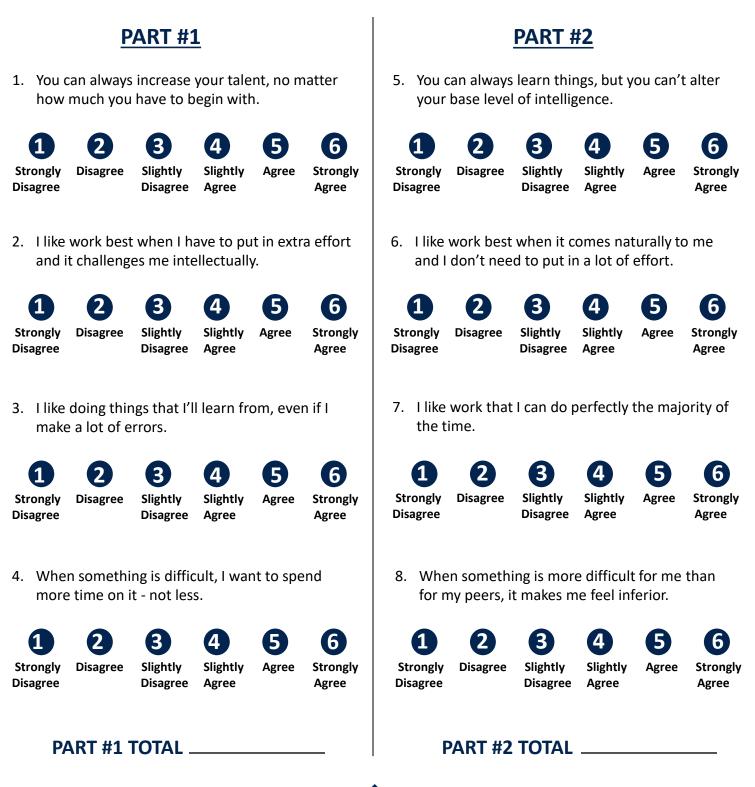
## LEADING FROM A DISTANCE: GROWTH MINDSET QUIZ\*

Use this worksheet to assess your growth mindset. Read each question and circle the number that best fits you. There are no right or wrong answers. Add them together at the bottom of this sheet.





Office of Leadership &

**Organizational Development** 

## **LEADING FROM A DISTANCE: GROWTH MINDSET CHECK-IN**

Add your scores from Part #1 and Part #2

# YOUR TOTAL SCORE: \_\_\_\_\_

# WHAT IT MEANS:

Use your total score to determine your Mindset Score. Interpretations of the scores are below.

## 8-16

You firmly believe that your talents, skills, and abilities are set traits. If you cannot perform exceptionally well and shine on a project, you would rather just not do it. You think that smart and talented people shouldn't have to work that hard to perform at the top level.

## 17-24

You believe that your skills and level of intelligence probably aren't fixed, but they cannot change exponentially. You like situations where you perform well, are less likely to make mistakes, and don't have to put in too much effort. You believe that learning and getting better at things should be relatively easy.

### 25-32

You're not too sure whether or not you can change your skills and intelligence level. Your successes and performances are important to you but so is learning. You're not the biggest fan of putting in too much effort though.

### 33-40

You believe that you can develop your skills and intelligence. You really care about learning and don't mind having to put in some effort to make it happen. Performing well matters to you but you think that learning is actually more important than always looking competent in other's eyes.

### 41-48

You firmly believe that you can grow and improve your skills and intelligence. You love challenges and know that the best way to learn is by working hard and tackling these challenge head on. You don't mind making mistakes or looking bad in order to get better.





