**DOMAIN:** Academics

**OUTCOME:** Growth Mindset for Intelligence

**MEASURE:** Revised Implicit Theories of Intelligence (Self-Theory) Scale

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| The following questions are exploring students’ beliefs about their personal ability to change their intelligence level. There are no right or wrong answers. We are just interested in your views. Using the scale below, please indicate the extent to which you agree or disagree with the following statements.  |
|  | Strongly disagree | Disagree | Mostly disagree | Mostly agree | Agree | Strongly agree |
| 1. I don’t think I personally can do much to increase my intelligence. | □1 | □2 | □3 | □4 | □5 | □6 |
| 2. I can learn new things, but I don’t have the ability to change my basic intelligence. | □1 | □2 | □3 | □4 | □5 | □6 |
| 3. My intelligence is something about me that I personally can’t change very much.  | □1 | □2 | □3 | □4 | □5 | □6 |
| 4. To be honest, I don’t think I can really change how intelligent I am.  | □1 | □2 | □3 | □4 | □5 | □6 |
| 5. With enough time and effort I think I could significantly improve my intelligence level.  | □1 | □2 | □3 | □4 | □5 | □6 |
| 6. I believe I can always substantially improve on my intelligence.  | □1 | □2 | □3 | □4 | □5 | □6 |
| 7. Regardless of my current intelligence level, I think I have the capacity to change it quite a bit.  | □1 | □2 | □3 | □4 | □5 | □6 |
| 8. I believe I have the ability to change my basic intelligence level considerably over time. | □1 | □2 | □3 | □4 | □5 | □6 |

The full measure can be found [here](http://mindsetonline.com/testyourmindset/step1.php). A shorter 3-item version that includes only the items referring to fixed views of intelligence can be found in Dweck’s book, *Self-theories: Their Role in Motivation, Personality, and Development*, or [here](https://survey.perts.net/take/toi).