

### Mindset Quiz & Scoring Sheet

Please read each statement carefully and choose the extent to which you agree or disagree. Place the corresponding point value in the column next to the question. Add all point values to obtain your total score on the quiz.

Question		Strongly Agree	Agree	Mostly Agree	Mostly Disagree	Disagree	Strongly Disagree	My Score
1	You are born with a certain amount of intelligence and can't really do much to change it.	0	1	2	3	4	5	
2	You can significantly change how intelligent you are.	5	4	3	2	1	0	
3	You can learn new things, but you can't really change your basic intelligence.	0	1	2	3	4	5	
4	You can significantly change your basic level of intelligence.	5	4	3	2	1	0	
5	You have a certain amount of empathy and can't really do much to change it.	0	1	2	3	4	5	
6	You can always significantly change how empathetic you are.	5	4	3	2	1	0	
7	You can learn to understand people but you can't really change your basic level of empathy.	0	1	2	3	4	5	
8	No matter how much empathy you have, you can always change a lot.	5	4	3	2	1	0	
9	You can't really change your ability to communicate with patients.	0	1	2	3	4	5	
10	You can change your basic ability to communicate significantly.	5	4	3	2	1	0	
11	You can learn new phrases to use in patient interviews but you can't really change your basic ability to communicate with patients.	0	1	2	3	4	5	
12	You can always considerably change your ability to communicate with patients.	5	4	3	2	1	0	
13	You can't really change how resilient you are.	0	1	2	3	4	5	
14	You can significantly change how resilient you are.	5	4	3	2	1	0	
15	You can learn new ways to deal with stress, but you cannot really change how resilient you are.	0	1	2	3	4	5	
16	Your resilience is something about you that you can change very much.	5	4	3	2	1	0	
<b>Total Score:</b>								

*Adapted from: Dweck, C.S. (2006) Mindset: The new psychology of success. New York: Random House Inc. by Monique Naifeh, MD, University of Oklahoma Health Science Center ([Monique-mange@ouhsc.edu](mailto:Monique-mange@ouhsc.edu)).*

*Adapted from Mind Makeover: Cultivating a Growth Mindset. 2017 ICRE Meeting, Quebec, Canada. Teri Turner, MD, MPH, MEd, and Melissa Carbajal, MD Texas Children's Hospital and Baylor College of Medicine, Houston, Texas.*