

## Brainology® Intro Unit Activity 1, "Connect It": MAP

## MINDSET ASSESSMENT PROFILE TOOL

This is NOT a test! It is an opinion survey. It asks your opinion about things to do with school and being a student. It is very important that you give your own opinion, not what someone else thinks. Read each statement. Decide how much you agree or disagree with the statement and circle your answer.

Do you Agree or Disagree?	Disagree A Lot	Disagree	Disagree A Little	Agree A Little	Agree	Agree A Lot	Profile Number
1. No matter how much intelligence you have, you can always change it a good amount.	1	2	3	4	5	6	
2. You can learn new things, but you cannot really change your basic amount of intelligence.	1	2	3	4	5	6	
3. I like school work best when it makes me think hard.	1	2	3	4	5	6	
4. I like school work best when I can do it really well without too much trouble.	1	2	3	4	5	6	
5. I like school work that I'll learn from even if I make a lot of mistakes.	1	2	3	4	5	6	
6. I like school work best when I can do it perfectly without any mistakes.	1	2	3	4	5	6	
7. When something is hard, it just makes me want to work more on it, not less.	1	2	3	4	5	6	
8. To tell the truth, when I work hard at my schoolwork, it makes me feel like I'm not very smart.	1	2	3	4	5	6	
MINDSET ASSESSMENT PROFILE NUMBER							

## Mindsets Survey

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. In general, how do you feel about yourself as a learner? Why?
  
  
  
  
  
  
  
  
  
  
2. Do you think you can grow your intelligence? Why or why not?
  
  
  
  
  
  
  
  
  
  
3. What messages play in your head when you are doing something that's challenging for you in school?
  
  
  
  
  
  
  
  
  
  
4. What strategies do you use when you get stuck while learning? Why do you use those strategies?
  
  
  
  
  
  
  
  
  
  
5. What does someone have to do or know to become a successful learner?

## Creating Your Mindset Assessment Profile

### 1. First, determine your Profile Number for each question.

- For questions with odd numbers (1, 3, 5, 7), write the number of your answer into the boxes in the right column.
- For questions with even numbers (2, 4, 6, 8), use the table below to fill in the gray boxes in the right column.

If you chose this answer:	Then write <u>this</u> number in the gray box on the right (Profile Number).
Disagree A Lot (1)	6
Disagree (2)	5
Disagree A Little (3)	4
Agree A Little (4)	3
Agree (5)	2
Agree A Lot (6)	1

### 2. Now, add up all your Profile numbers.

- Add up all the numbers in the Profile column on the right, and write the total in the last box in the bottom right corner.

### 3. What does your Mindset Profile Number mean?

- Find the group that includes your number in the chart below and circle it.
- Now, read what it says about your MAP group.

If your profile number falls into this range:	Then your MAP (Mindset Assessment Profile) group is:	People in this MAP group usually believe the following things:
8-12	F5	You strongly believe that your intelligence is fixed—it doesn't change much. If you can't perform perfectly you would rather not do something. You think smart kids don't have to work hard.
13-16	F4	
17-20	F3	You lean toward thinking that your intelligence doesn't change much. You prefer not to make mistakes if you can help it and you also don't really like to put in a lot of work. You may think that learning should be easy.
21-24	F2	
25-28	F1	You haven't really decided for sure whether you can change your intelligence. You care about your grades and you also want to learn, but you don't really want to have to work too hard for it.
29-32	G1	
33-36	G2	You believe that your intelligence is something that you can increase. You care about learning and you're willing to work hard. You do want to do well, but you think it's more important to learn than to always score well.
37-40	G3	
41-44		You really feel sure that you can increase your intelligence by learning and you like a challenge. You believe that the best way to learn is to work hard, and you don't mind making mistakes while you do it.
45-48		