

Growth Mindset Pre-Assessment

10th Grade Growth Mindset Pre-Assessment

Name: Terrell Davis Date: 11/5/25

Instructions:

Rate each statement using the scale below.

1 = Strongly Disagree | 2 = Disagree | 3 = Agree | 4 = Strongly Agree

# Statement	1	2	3	4
1. I believe I can improve in any subject if I work at it.	☐	☒	☐	☐
2. I get frustrated easily when schoolwork feels hard.	☐	☐	☒	☐
3. I feel confident in my ability to succeed academically.	☐	☒	☐	☐
4. I avoid tasks that seem challenging.	☐	☐	☒	☐
5. I know strategies that help me stay motivated.	☒	☐	☐	☐
6. I often use negative self-talk when I make mistakes.	☐	☐	☒	☐
7. I believe my effort matters more than my natural ability.	☐	☐	☒	☐

Short Response:

Describe one challenge you face in school and how you usually respond to it:

Staying focus

Growth Mindset Post-Assessment

10th Grade Growth Mindset Post-Assessment

Name: Terrell Davis Date: 11/13/25

Rate each statement:

1 = Strongly Disagree | 2 = Disagree | 3 = Agree | 4 = Strongly Agree

# Statement	1	2	3	4
1 I understand the difference between a fixed and growth mindset.	☐	☐	☒	☐
2 I use strategies (asking for help, retrying, note review) when work is challenging.	☐	☐	☒	☐
3 I use positive self-talk to keep myself motivated.	☐	☐	☒	☐
4 I believe that I can improve my skills through effort and practice.	☐	☐	☒	☐
5 I set goals that help me stay focused academically.	☐	☐	☒	☐
6 I feel more confident about my ability to succeed.	☐	☐	☒	☐

Short Response:

What mindset strategy have you used recently when facing a challenge?

Positive self talk
