

Growth Mindset: Student Worksheet

Goal: You will explore the relationship between intelligence and effort in order to create a plan for selecting high school classes that support your growth.

Part I: Bell Work

Complete the Mindset Quiz. Read each statement and circle or highlight the rating that best reflects your opinion.

Statement	Disagree a lot	Disagree	Disagree a little	Agree a little	Agree	Agree a Lot
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 mistakes.	1	2	3	4	5	6
7 - When something is hard it just makes me want to work on it more, not less.	1	2	3	4	5	6
8 - When I work hard in my schoolwork it makes me feel like I'm not very smart.	1	2	3	4	5	6

Total and write your score here:

Part II: Activity I

1. Read the article titled **You Can Grow Your Intelligence**. Get a copy from your teacher or counselor, or [click on this link](#) to view the article online.
2. Can you grow your intelligence? Discuss with an elbow partner. Write down your thoughts below.
3. Watch the video **Neuroplasticity by Sentis**: <https://youtu.be/ELpfYCZa87g>.
4. Take a few minutes to thoughtfully respond to the questions below.

Question	Your Thoughts
What is neuroplasticity?	
How does habit formation work?	
Think of a time you rewired your brain and carved a new pathway. For example, consider a time in school, in an afterschool activity, or at home when you learned to get better at something. Explain what you did.	

5. Discuss your thoughts on the questions above with an elbow partner. Consider the role of hard work, strategies, and asking for help from others in your ability to learn something new and to develop a new habit. You may record notes from your discussion below.

Forming a new habit is like exercising a muscle. In this case, the muscle is your brain. How do people build muscle? They do so by pushing the muscle to do more than it can easily do, so it can increase in strength.

One important habit to cultivate as you think about your future success is making the time to use CaliforniaColleges.edu to develop a routine of planning for life after high school.

6. One of the first steps in that process is to understand how the courses you take in high school relate to what you want to do after high school. Go to **CaliforniaColleges.edu** and make sure you are signed in.
 - Hover over **My Plan** and then click on **Academic Planner**.
 - Scroll to **Things to Know** (you should see the lightbulb icon), click on **Learn about “a-g,”** and read the page. Then return to **Things to Know**, click on **Get to Know the Different High School Requirements**, and read the page. Take notes below.

7. Now go back to the first page of this worksheet and take the Mindset Quiz again, use a different symbol (like a check mark) or different highlight color than you did the first time. Total and write your new score here:

Part III: Reflect

- Go to **My Plan** and then **My Journal**. In the **Academic Journal** section, find **prompt #08**:
“What was different about taking the Mindset Quiz the second time? Was your score different or the same? Why do you think that is?”

- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.