# Growth Mindset Student Self-Assessment

**Name** _____ **Date** _____

**Directions:** Read each statement and circle ☺ for "**yes**", ☹ for "**no**", or 😐 for "**sometimes.**"

| Criteria | Yes | No | Sometimes | Growth (+/-) |
|---|:---:|:---:|:---:|:---:|
| **1.** I like to think and learn. | ☺ | ☹ | 😐 | |
| **2.** I know I am in control of what I say and what I do. | ☺ | ☹ | 😐 | |
| **3.** I know when I am feeling happy, sad, angry, or frustrated. | ☺ | ☹ | 😐 | |
| **4.** I know how to help myself feel better when I am sad, angry, or frustrated. | ☺ | ☹ | 😐 | |
| **5.** I can make and keep friends. | ☺ | ☹ | 😐 | |
| **6.** I solve problems in a positive way. | ☺ | ☹ | 😐 | |
| **7.** I ask for help when I need it. | ☺ | ☹ | 😐 | |
| **8.** I like to learn new things. | ☺ | ☹ | 😐 | |
| **9.** I work hard and practice. | ☺ | ☹ | 😐 | |
| **10.** I like to do things that are a little hard instead of easy. | ☺ | ☹ | 😐 | |
| **11.** When I make a mistake I try to fix it and then learn from it for next time. | ☺ | ☹ | 😐 | |

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