

Growth mindset

The following statements relate to one's perspective on mindset.
Please show how much you agree or disagree with each statement.

	1 Strongly Agree	2 Agree	3 Mostly Agree	4 Mostly Disagree	5 Disagree	6 Strongly Disagree
1. You have a certain amount of transversal competences, and you can't really do much to change it. 2. Your transversal competences is something about you that you can't change very much. 3. No matter who you are, you can significantly change your transversal competences level. 4. To be honest, you can't really change the amount of transversal competences you have. 5. You can always substantially change the amount of transversal competences you have. 6. You can learn new things, but you can't really change your basic transversal competences 7. No matter the amount of transversal competences you have, you can always change it quite a bit. 8. You can change even your basic transversal competences level considerably.						

The items are set to account for the following factors:

- Entity beliefs (static mindset) (items n. 1, 2, 4, 6)
- Incremental beliefs (growth mindset) (items n. 3, 5, 7, 8)

The assessment score is obtained by summing and averaging the raw scores on all items. Scores in the range 1.00-3.00 are considered low level of competence in using a growth mindset; scores in the range 3.01-4.00 as medium level; and scores in the range 4.01-6.00 as high level.

Growth mindset (self-assessed)

The following statements can describe opposite ways for people to generally behave. There are no good or wrong behaviours.

The bar represents you. For each sentence, please place the bar at the closest point that you feel as representative of your behaviour.

<i>I avoid challenging situations</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>I embrace challenging situations</i>
<i>When faced with obstacles, I feel like giving up</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>When faced with obstacles, I feel like persisting</i>
<i>I see effort as fruitless</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>I see effort as the path to mastery</i>
<i>I ignore negative feedbacks or criticisms, even if useful</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>I can learn from negative feedbacks and criticism</i>
<i>I feel that the success of others threatens me and my image</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>I find lessons and inspiration in the success of others</i>

Growth mindset (peer- or teacher- assessed)

Now please think about **STUDENT NAME**. In the following, the bar represents **STUDENT NAME**. For each sentence, please place the bar at the closest point that you feel as representative of **STUDENT NAME**'s behaviour.

<i>Avoids challenging situations</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>Embraces challenging situations</i>
<i>When faced with obstacles, feels like giving up</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>When faced with obstacles, feels like persisting</i>
<i>Sees effort as fruitless</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>Sees effort as the path to mastery</i>
<i>Ignores negative feedbacks or criticisms, even if useful</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>Can learn from negative feedbacks and criticism</i>
<i>Feels that the success of others threatens me and my image</i>	<i>...1...2...3...4...5...6...7...8...9...10...</i>	<i>Finds lessons and inspiration in the success of others</i>

The second assessment tool measures on a 10-points scale the extent to which the respondent:

1. Avoids challenge vs. embrace challenge
2. Sees effort as fruitless or worse vs. sees effort as the path to mastery
3. Ignores criticism or useful negative feedback vs. learns from criticism
4. Feel threatened by success of others vs. finds lessons and inspiration in the success of others

This scale is proposed to be both self-assessed and peer- or teacher-assessed.

The assessment score is obtained by summing and averaging the raw scores on all items. Scores in the range 1.00-6.50 are considered low level of competence in using a growth mindset; scores in the range 6.51-8.50 as medium level; and scores in the range 8.50-10.00 as high level.

