

MY MINDSET

Name/student number

Instrument

Bachelor/Master & year (e.g. B1)

Date

Mark one box for each category & column

Choose one box					
WORLD VIEW	I see myself as unchanging and unchangeable . Life is about discovering myself and searching for where I fit into the world.	Change and growth is very limited . I see myself as "not cut out for" some domains. Amount of growth possible in other domains is limited.	I believe I am capable of growth in a limited number of domains . Life offers only limited choices.	I am capable of significant growth in most domains . I see a great choice in life. I am restricted from significant growth in some domains.	I can change my most basic characteristics . Life is about deciding what I want to be and creating the abilities required to reach goals.
Choose one box					
CHALLENGES	I avoid challenges and see them as a potential threat.	I take on easy challenges - ones that I believe are likely to succeed.	I prefer clear, immediate goals that aren't too far out of reach, or not in an area that I find difficult.	I enjoy being challenged by more open-ended tasks, even if I'm not always immediately successful.	I embrace challenge even when the path to achievement is not immediately clear.
Choose one box					
DIFFICULTY & OBSTACLES	I give up immediately when I encounter difficulty.	I try for a while , but give up if I'm not progressing easily. I may try a few alternatives when encountering obstacles.	I persist when I see progress . I develop a repertoire of strategies for getting past obstacles.	I expect eventual mastery . I understand new learning is meant to be difficult so I stick at tasks for long periods.	I persist for long periods even in the face of setbacks and when new skills need to be learnt to achieve mastery.
Choose one box					
EFFORT	Effort is associated with failure and inability & therefore bad. I expect things I can do to come easily.	Effort is sometimes required but sustained effort is a bad thing .	Effort is necessary but usually not enjoyable. I prefer to do it easily. I recognise when effort is being ineffective.	Effort is a good thing . I have experienced success as a result of effort in the past. I associate effective effort with growth.	Effort is a path to mastery . I actively work on developing strategies for more effective effort.
Choose one box					
FEEDBACK & CRITICISM	I ignore useful negative feedback. I see feedback as a list of my faults.	I accept some direct feedback when corrections can be made quickly and easily. I tend to focus on positive feedback .	I see formative feedback as useful , as long as it is targeted and achievable.	I accept and learn from feedback . I see positive feedback as recognition of the effort and process that led to the achievement.	I request critical feedback from targeted sources in order to improve both process and outcome.
Choose one box					
SUCCESS OF OTHERS	I feel threatened by comparisons to others and avoid competitions, as these may highlight my defects.	I attribute success of others to luck or natural ability rather than growth achieved through effort.	I enjoy personal success and engage in competition and comparison when these make me look good.	I find lessons and inspiration in the success of others. I admire excellence and enjoy the challenge posed by competition.	I seek out masters and experts in an effort to "learn their secrets". Competition is a way for us to push ourselves to improve.
Choose one box					
MAKING MISTAKES	I actively hide or ignore mistakes.	I make excuses for mistakes. I look for quick fixes. I sometimes attribute blame to others.	I expect to make mistakes and understand mistakes can be corrected .	I recognise my mistakes as signposts for learning opportunities.	I deliberately stretch myself so errors have high learning potential to facilitate further growth.
Choose one box					
OFFERED HELP AND SUPPORT	I turn down help and support. I feel requiring help highlights my deficits.	I tolerate help when given, but am disinclined to ask for help. I don't like to be seen to need help.	I accept help and support when offered. I may not continue to seek help if difficulties are persistent.	I expect feedback and recognise it as desirable to help me grow.	I seek out help and support from specialized sources.