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| **Tell us how strongly you agree or disagree with the following statements** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| You can learn new things but you can’t really change your basic intelligence |  |  |  |  |  |
| You have a certain amount of intelligence and you really can’t do much to change it |  |  |  |  |  |
| You can always greatly change how intelligent you are |  |  |  |  |  |
| No matter how much intelligence you have, you can always change it quite a bit |  |  |  |  |  |
| Your intelligence is something about you that you can’t change very much |  |  |  |  |  |
| No matter who you are, you can change your intelligence a lot |  |  |  |  |  |

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| **Tell us how strongly you agree or disagree with the following statements** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| You can learn new things, but you can't really change your basic scientific ability |  |  |  |  |  |
| You can always greatly change how scientifically able you are |  |  |  |  |  |
| You have a certain amount of scientific ability, and you really can't do much to change it |  |  |  |  |  |
| Your scientific ability will improve the more you try |  |  |  |  |  |
| Your scientific ability is something about you that you can't change very much |  |  |  |  |  |
| No matter what your current scientific ability, you can always change it through effort |  |  |  |  |  |

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| **Tell us how strongly you agree or disagree with the following statements** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| Your body has a certain amount of health, and you really can’t do much to change it |  |  |  |  |  |
| Your health is something about yourself that you can’t change very much |  |  |  |  |  |
| You can try to make yourself feel better, but you can’t really change your basic health |  |  |  |  |  |
| If you are an unhealthy person, there is not much you can do to change that |  |  |  |  |  |

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| **Tell us how strongly you agree or disagree with the following statements** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| Your abilities are something about you that you can’t change very much |  |  |  |  |  |
| Your abilities are fixed, and you really can’t do much to change them |  |  |  |  |  |
| You can always greatly change your abilities |  |  |  |  |  |
| To be honest, you can’t really change your abilities |  |  |  |  |  |
| You are born with certain abilities and you can’t really do much to change them |  |  |  |  |  |
| You can always change your abilities no matter what you start with |  |  |  |  |  |
| I can always change who I am |  |  |  |  |  |