

## Your Learning Questionnaire

**INSTRUCTIONS:** When you think about the different sentences, think about how you feel about the sentence **MOST OF THE TIME** and then colour in **ONE** of the circles.

**These questions are all about you, there are no right or wrong answers.**

**EXAMPLE:**

	Strongly disagree	Disagree	Somewhat disagree	Somewhat agree	Agree	Strongly agree
A) Chocolate is yummy.	①	②	③	④	⑤	⑥

	Strongly disagree	Disagree	Somewhat disagree	Somewhat agree	Agree	Strongly agree
1) You have a certain amount of intelligence, and you really can't do much to change it.	①	②	③	④	⑤	⑥

2) Your intelligence is something about you that you can't change very much.	①	②	③	④	⑤	⑥
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3) You can learn new things, but you can't really change your basic intelligence.	①	②	③	④	⑤	⑥
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	Strongly disagree	Disagree	Somewhat disagree	Somewhat agree	Agree	Strongly agree
1) I feel really upset when I make a mistake.	①	②	③	④	⑤	⑥

2) I feel stupid when I find something difficult at school.	①	②	③	④	⑤	⑥
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3) There are some things I feel I will never be good at.	①	②	③	④	⑤	⑥
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	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Somewhat disagree</b>	<b>Somewhat agree</b>	<b>Agree</b>	<b>Strongly agree</b>
4) If I have to work really hard, it makes me feel like I'm not very clever.	①	②	③	④	⑤	⑥
5) I prefer easy tasks to challenging tasks.	①	②	③	④	⑤	⑥
6) I avoid challenging work if I can.	①	②	③	④	⑤	⑥
7) I don't like people knowing if I've put lots of effort in to my work.	①	②	③	④	⑤	⑥
8) I will always put off doing the difficult work.	①	②	③	④	⑤	⑥
9) If I know that we are doing something hard at school, I will try to get the day off.	①	②	③	④	⑤	⑥
10) I don't like answering questions in class in case it makes me look stupid.	①	②	③	④	⑤	⑥
11) I don't like answering teachers' questions in case I get them wrong.	①	②	③	④	⑤	⑥
12) If I find something difficult, I try to get out of doing it.	①	②	③	④	⑤	⑥
13) I don't like people seeing my mistakes.	①	②	③	④	⑤	⑥
14) Being given hard work is the worst thing ever.	①	②	③	④	⑤	⑥
15) I dread doing my homework when it is something I have found hard in class.	①	②	③	④	⑤	⑥
16) I feel ok about making mistakes because I learn from them.	①	②	③	④	⑤	⑥

NAME:

	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Somewhat disagree</b>	<b>Somewhat agree</b>	<b>Agree</b>	<b>Strongly agree</b>
17) If I get something wrong, I try again.	①	②	③	④	⑤	⑥
18) Doing badly at something doesn't make me feel stupid.	①	②	③	④	⑤	⑥
19) If I see someone doing better than me at school, it makes me want to practise more.	①	②	③	④	⑤	⑥
20) If I get a better mark than my friends, it is probably because I worked hard.	①	②	③	④	⑤	⑥
21) I feel really proud of myself when I have worked hard.	①	②	③	④	⑤	⑥
22) I love a challenge.	①	②	③	④	⑤	⑥
23) I don't mind doing difficult homework, as it gives me a chance to get better.	①	②	③	④	⑤	⑥
24) I enjoy learning new things, even if they are hard to get right.	①	②	③	④	⑤	⑥
25) I choose challenging tasks because I can learn a lot from them.	①	②	③	④	⑤	⑥
26) If I keep practising I will succeed in the end.	①	②	③	④	⑤	⑥
27) I don't mind if people see me make mistakes.	①	②	③	④	⑤	⑥
28) I'm not afraid to ask questions if I don't understand something in class.	①	②	③	④	⑤	⑥
29) I don't mind answering teachers' questions even though I could get them wrong.	①	②	③	④	⑤	⑥

NAME:

30) It's important to me that  
people know when I have tried  
hard.

①

②

③

④

⑤

⑥

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Pupil Identification Number:

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① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

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