

# GROWTH MINDSET TUNER REPORT

PREPARED BY:  
ZANETA PEREIRA



STUDENT NAME: RAHIL SHARMA

GRADE: XI BOARD: ICSE

SCHOOL: ST. XAVIER'S SCHOOL

# TABLE OF CONTENTS

---

| TOPIC                            | PAGE |
|----------------------------------|------|
| I. Introduction                  | 3    |
| III. Areas Measured              | 4    |
| II. Report Summary               | 6    |
| IV. Results                      | 7    |
| V. Recommendation                | 10   |
| VI. Observations from Counsellor | 11   |
| VII. Acknowledgement             | 13   |

# WHAT IS GROWTH MINDSET?

**YES  
YOU  
CAN**

"Your mindset  
impacts your  
actions"

A growth mindset is the belief that your abilities and intelligence can be developed and improved over time through dedication and hard work. It's about seeing challenges as opportunities to learn, embracing mistakes as chances to grow, and understanding that effort is the path to mastery. With a growth mindset, you believe that with perseverance and the right strategies, you can enhance your skills and achieve your goals.

# AREAS MEASURED

In this Growth Mindset Assessment Report, we have evaluated several scales to understand your mindset patterns. These scales provide insights into various aspects of your growth mindset. The scales include:

## 1. BELIEF ABOUT INTELLIGENCE

THIS SCALE MEASURES YOUR BELIEFS ABOUT THE MALLEABILITY OF INTELLIGENCE AND WHETHER YOU PERCEIVE IT AS SOMETHING THAT CAN BE DEVELOPED AND IMPROVED OVER TIME.

## 2. MOTIVATION AND LEARNING STRATEGIES

THIS SCALE ASSESSES YOUR LEVEL OF MOTIVATION AND WILLINGNESS TO TRY DIFFERENT STRATEGIES TO ENHANCE YOUR LEARNING AND ACADEMIC PERFORMANCE.

## 3. SELF REGULATION

THIS SCALE EVALUATES YOUR ABILITY TO REGULATE YOUR EMOTIONS AND THOUGHTS WHEN FACING DIFFICULT TASKS OR CHALLENGES, HIGHLIGHTING YOUR RESILIENCE AND PERSISTENCE.

## 4. ATTITUDE TOWARDS ACHIEVEMENT

THIS SCALE GAUGES YOUR PERSPECTIVE ON ACHIEVEMENT AND SUCCESS, EXPLORING WHETHER YOU BELIEVE THAT SUCCESS IS ATTAINABLE THROUGH CONSISTENT EFFORT AND DEDICATION.

## 5. ACCEPTANCE OF CRITICISM

THIS SCALE EXAMINES YOUR OPENNESS TO RECEIVING AND UTILIZING CONSTRUCTIVE CRITICISM, EMPHASIZING THE IMPORTANCE OF FEEDBACK IN YOUR PERSONAL AND ACADEMIC GROWTH.

## 6. PERCEPTION OF OTHERS SUCCESS

THIS SCALE FOCUSES ON HOW YOU PERCEIVE THE SUCCESS OF OTHERS AND WHETHER YOU VIEW IT AS A SOURCE OF INSPIRATION OR AS A COMPARISON POINT IMPACTING THE SELF-ESTEEM AND PROGRESS.

## 7. ENCOURAGEMENT OF OTHERS

THIS SCALE MEASURES YOUR INCLINATION AND ABILITY TO SUPPORT AND MOTIVATE OTHERS IN THEIR ACADEMIC AND PERSONAL ENDEAVORS, HIGHLIGHTING YOUR ROLE IN FOSTERING A POSITIVE AND GROWTH-ORIENTED ENVIRONMENT FOR YOUR PEERS.



MINDSET

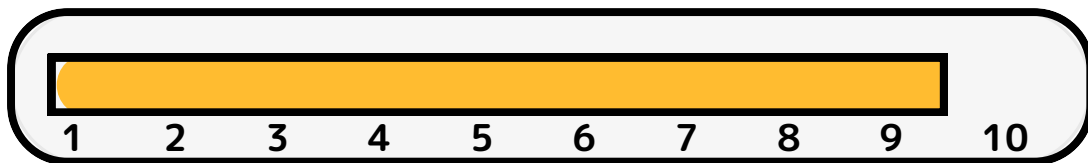
# REPORT SUMMARY

This report aims to provide you with a comprehensive analysis of your beliefs, attitudes, and behaviors concerning a growth mindset. We have evaluated various aspects, including your understanding of intelligence, motivation, learning strategies, self-regulation in facing challenges, attitude towards achievement, acceptance of criticism, perception of others' success, and encouragement of others. Our findings highlight your strengths in areas such as resilience and motivation, while also offering insights into potential areas for improvement. It is our hope that this report will serve as a valuable tool to guide you in fostering personal and academic growth.

Please note that the information within this report is confidential and applicable for your self-improvement for up to 24 months from the assessment date. We encourage you to utilize this report to leverage your strengths and cultivate a thriving growth mindset.

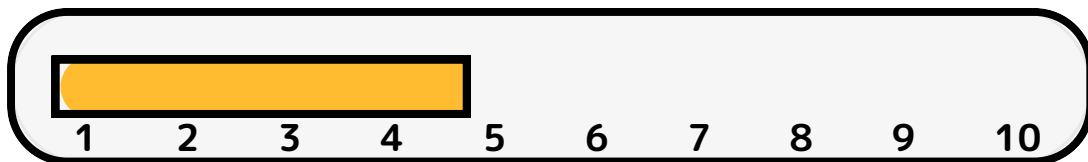
# RESULTS

## BELIEF ABOUT MALLEABILITY OF INTELLIGENCE



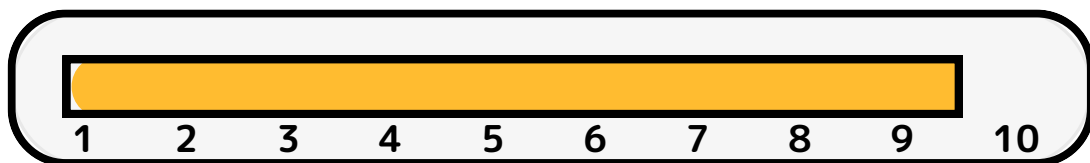
DEMONSTRATES A STRONG DISBELIEF IN THE MALLEABILITY OF INTELLIGENCE AND THE POTENTIAL FOR GROWTH THROUGH EFFORT AND LEARNING.

## MOTIVATION AND LEARNING STRATEGIES



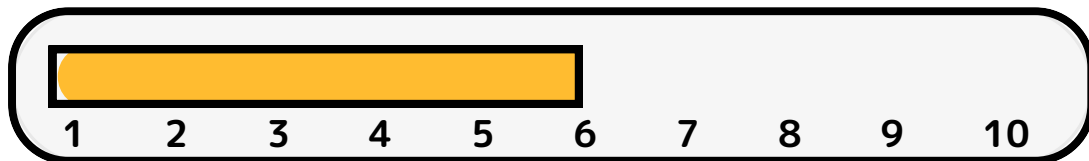
REFLECTS A LOW LEVEL OF MOTIVATION AND A WILLINGNESS TO EXPLORE DIFFERENT LEARNING APPROACHES, ALTHOUGH WITH SOME RESERVATIONS.

## SELF REGULATION



INDICATES A STRONG ABILITY TO REGULATE EMOTIONS AND THOUGHTS WHEN FACING CHALLENGES, DEMONSTRATING RESILIENCE AND PERSISTENCE IN OVERCOMING OBSTACLES.

## ATTITUDE TOWARDS ACHIEVEMENT



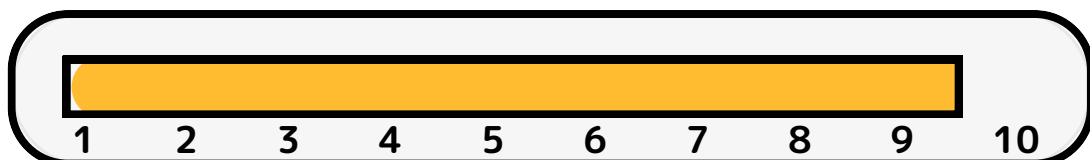
HIGHLIGHTS A MODERATE POSITIVE ATTITUDE TOWARD ACHIEVEMENT, EMPHASIZING A STRONG BELIEF IN THE POTENTIAL FOR SUCCESS THROUGH SUSTAINED EFFORT AND DEDICATION.

## ACCEPTANCE OF CRITICISM



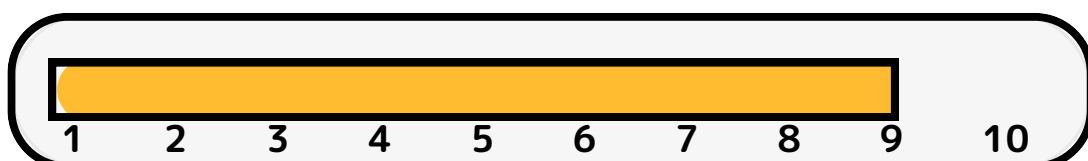
DEMONSTRATES A MIDLY POSITIVE APPROACH TO RECEIVING AND UTILIZING CONSTRUCTIVE CRITICISM, INDICATING AN OPENNESS TO FEEDBACK FOR PERSONAL AND ACADEMIC GROWTH.

## PERCEPTION OF OTHERS SUCCESS



INDICATES A HEALTHY PERSPECTIVE ON OTHERS' SUCCESS, HIGHLIGHTING AN ABILITY TO DRAW INSPIRATION AND MOTIVATION FROM THE ACHIEVEMENTS OF OTHERS WHILE MAINTAINING A POSITIVE SELF-IMAGE

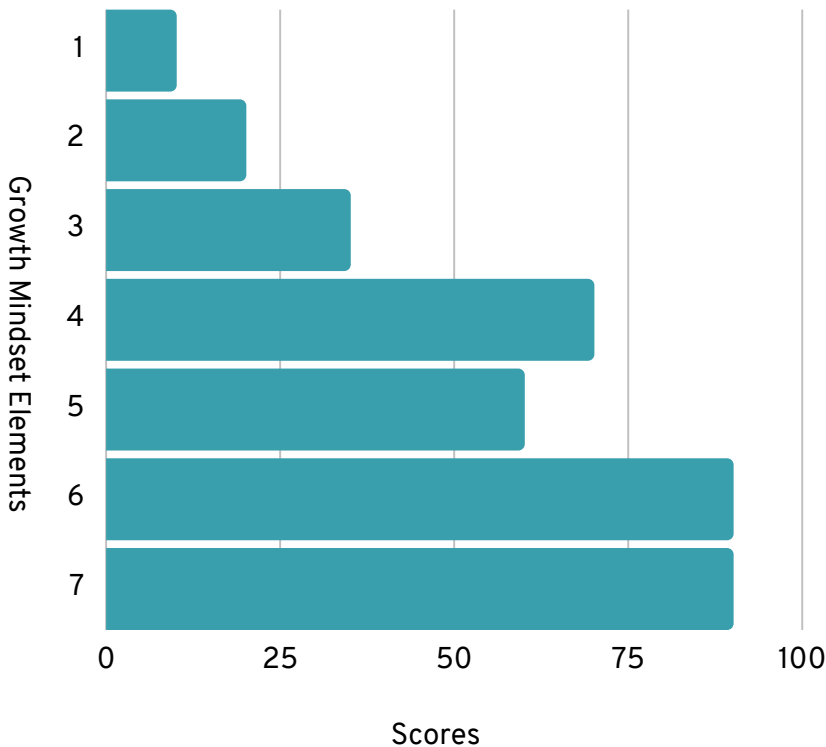
## ENCOURAGEMENT OF OTHERS



REFLECTS A STRONG INCLINATION AND ABILITY TO SUPPORT AND MOTIVATE OTHERS IN THEIR ACADEMIC AND PERSONAL ENDEAVORS, FOSTERING A POSITIVE AND GROWTH-ORIENTED ENVIRONMENT FOR PEERS.



# OVERALL SCORE



# 73%

## GROWTH MINDSET SCORE

## WHAT IT MEANS???

### EXCELLENT

An overall Score of 73 means you are well into the zone of Growth Mindset. This is a good place to be, with further information knowledge, experience and attitude you can achieve whatever you set your mind on.

**Always be aware of your Mindset**

# RECOMMENDATIONS

## 1. DEVELOP PERSONALIZED LEARNING APPROACHES

Approach difficult tasks with a positive attitude, reminding yourself that every challenge is an opportunity to learn and improve. Whenever you face a tough assignment, break it down into smaller, manageable steps to make it less daunting.

## 2. LEARN FROM FEEDBACK

Whenever you receive feedback, take a moment to reflect on it. Instead of feeling discouraged, focus on the constructive aspects and think about how you can use it to grow. Consider discussing it with a teacher or a trusted friend to gain different perspectives.

## 3. CULTIVATE POSITIVE PEER RELATIONSHIPS

Take a moment to support your classmates when they face challenges. Offer words of motivation and appreciation, and be there to lend a helping hand. By creating a supportive environment, you not only help others but also contribute to a positive atmosphere for yourself.





**KEEP GOING**

**"Sometimes  
it does not  
matter how  
slowly you  
go as long  
as you do  
not stop"**







We acknowledge the efforts and contributions of the team dedicated to producing this report with the aim to help students achieve their desired goals

- Those responsible for concept and coordination.
- The group of researchers The writers behind the impact report.
- The designers of the report
- Our colleagues from Local and Partner Organizations Other contributors
- Come again to check your progress!



2nd Floor, Sapphire Plaza, Dadabhai Rd, opp.  
Vile Parle West, Mumbai, Maharashtra  
400056

[www.mindtunes.in](http://www.mindtunes.in)   
Mindtunes   
[contact@mindtunes.in](mailto:contact@mindtunes.in) 