

Grit

Go For Your Goals, Module 5



AGENDA



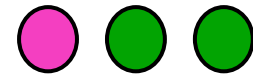
1. Brainstorm: What does Grit mean to you?



2. Activity: Independently, take the quiz to see how gritty you are, then with a small group, review the strategies to build grit and perseverance and cite an example for each.



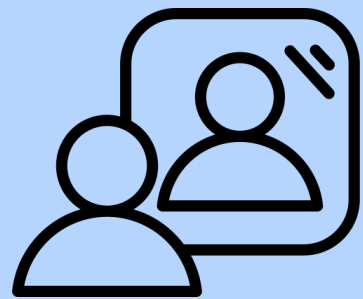
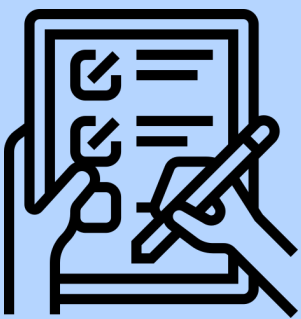
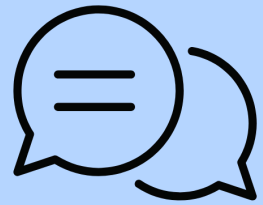
3. Reflect: Identify someone you know who exhibits grit. What makes this person gritty? What examples show their perseverance?

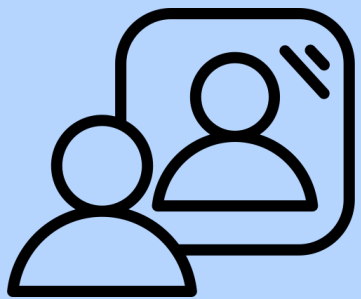
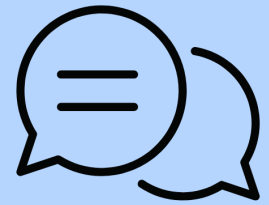


BRAINSTORM



What does Grit mean to you?

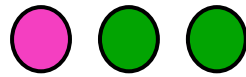
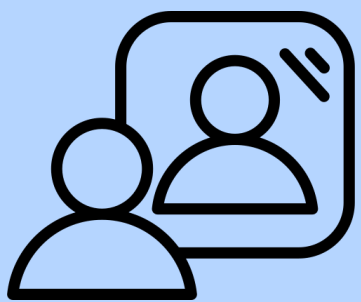
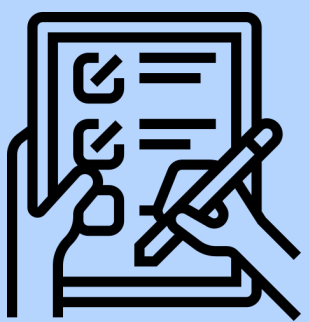
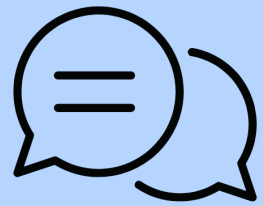




DISCUSS



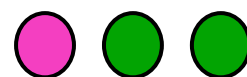
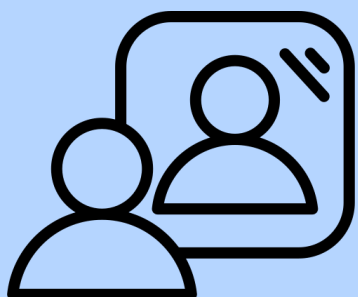
Share your responses from the brainstorm section. Provide examples of a time when you have shown grit.



DIVE IN



Grit is using a combination of passion and perseverance to reach goals. It's a term coined by Dr. Angela Duckworth to explain why some people are able to succeed when others don't in similar circumstances. Research shows that having grit is a predictor of one's ability to accomplish challenging goals. It also suggests that talent and grit are largely unrelated. The good news is that you can grow grit.



ACTIVITY



Independently, take the quiz to see how gritty you are. Then, in a small group, review the strategies to build grit and perseverance and give an example for each strategy.



Worksheet

Name: _____ Date: _____

Grit

How gritty are you? Use the scale to answer the following questions to determine your level of grit. (Adapted from the Character Lab: <https://characterlab.org/playbooks/grit/>)

Never (1) Occasionally (2) Sometimes (3) Often (4) Never (5)

1. I enjoy projects that take years to finish.
2. I am currently working towards a long term goal.
3. My daily tasks are connected to my values.
4. I have a favorite subject that I never get bored thinking about.
5. I don't get discouraged when I face obstacles or setbacks.
6. I am a hard worker.
7. I always finish what I start.
8. I am constantly working to improve myself.

Count up your responses to get a total score.
8-10: Your level of grit could use some improvement!
11-20: You're getting closer, but not a grit authority yet.
21-29: You have many of the grit attributes, but may still lack some of the confidence you need.
30-40: You are gritty! But there is always room for improvement, right?



High School

Strategies to Build Grit and Perseverance

Set ambitious goals

Setting a SMART goal is great, but is your goal really challenging you or did you pick it because it's easy to reach?

Learn from mistakes

We all make mistakes, but being able to learn something from the mistake helps you to grow and using that information will help you to persist next time.

Take reasonable risks

Don't be afraid to take on a new challenge. Sure, it might be risky to do a debate on a topic you're not totally comfortable with, but you got this!

Identify how you feel & why

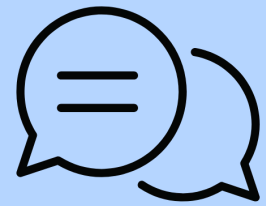
Learn to understand how you feel about the challenge and why. Does it just make you uncomfortable? Are you afraid? Why do you feel this way? Uncovering the how and why can help you overcome and adapt.

Build confidence

We're all much better at the things we are good at. Being good at something doesn't happen overnight. It may require breaking down a big project into smaller ones or it may require practice to build your confidence in that area.

Make it meaningful

The passion part of the grit definition comes from identifying something that is important and meaningful to you. Try to identify something meaningful in everything you have to do.



REFLECT



Identify someone you know who exhibits grit. What makes this person gritty?
What examples show their perseverance?



Interdisciplinary

To see examples of educators developing students' capacity to persevere in a math classroom, check out the University of Texas at Austin Charles A. Dana Center's website and videos:

www.insidemathematics.org/common-core-resources/mathematical-practice-standards/standard-1-make-sense-of-problems-persevere-in-solving-them



Home Connection



Home Connection

Grit

Dear _____,

I wanted to share with you what your student has been learning about the concept of grit. Grit, as coined by Dr. Angela Duckworth, combines passion and perseverance to achieve long-term goals. Research shows that grit is a strong predictor of one's ability to accomplish challenging goals, and importantly, it is a quality that can be developed over time. Unlike talent, which is often innate, grit can be cultivated with effort and practice.

In today's lesson, students explored their levels of grit and learned strategies to improve them. They took a quiz to assess their grit and then discussed various strategies for enhancing it. Each strategy was accompanied by student examples to help illustrate how grit can be applied in different situations.

To continue this conversation at home, please ask your student: "What did you learn about grit, and can you share a strategy you plan to use to improve your grit?" This can be a great opportunity to discuss the importance of perseverance and passion in achieving long-term goals.

Please do not hesitate to reach out with any questions or concerns.

Best,

©2024 Anna-Lisa Mackey, M.Ed., All rights reserved.



Professional Development



Take 5 minutes to consider: Are there ways you build students' ability to show grit and persevere in your classroom?





Further Study

- Character Lab, Grit Playbook:
<https://characterlab.org/playbooks/grit/>
- Digital Promise, The Research Behind the Ted Talk:
digitalpromise.org/2019/03/06/research-behind-ted-talk-angela-duckworth-grit/
- TED, Grit, the Power of Passion and Perseverance:
www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en





Lesson Complete!

