



High School

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,
