

Grit

This week, we thought we'd provide a few different options for you to consider using during tomorrow's communication time. We're attaching the Grit Quiz and follow up questions (shared at the faculty meeting), instructions for a group activity, and a video. All are connected by the theme of perseverance in the face of difficulty. Feel free to use whatever works best with your students and mix and match as you see fit.

See "Famous Failures" video here: <https://www.youtube.com/watch?v=zLYECIjmnQs>

Introduction: In the last communication time, the conversation revolved around defining resilience and identifying some of the qualities of a person who is resilient: these include optimism, a strong work ethic, a willingness to seek help, the ability to reflect on past failures and successes, gratitude, and perseverance. Today, we're exploring the concept of "grit"--a combination of perseverance and passion, as it is defined by Angela Duckworth, an author, researcher and professor at the University of Pennsylvania. *Teachers are recommended to watch this short video for background prior to leading this Communication Time conversation:* http://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

Materials needed: All students will need access to a laptop or similar digital device.

Quiz: Direct students to this online Quiz and have them complete it on their own. It should take them about three minutes to complete:

https://sasupenn.qualtrics.com/jfe/form/SV_06f6QSOS2pZW9qR

Discussion points:

- What do you think about the questions asked on the quiz?
- Have you heard the term "grit" before? How have you heard it used? What do you think it refers to?
 - Angela Duckworth uses this term to mean a combination of passion and perseverance. Grit is an example of a personal quality a resilient person would have. A gritty person keeps trying in the face of disappointment and setbacks.
 - We all differ dramatically in our stamina for long-term goals, it's long been recognized that hard work and persistence pay off.
- Why might this personal quality lead to success?
 - "The Little Engine That Could"
 - "The Tortoise and the Hare"
 - Thomas Edison's famous quote: "Genius is 1% inspiration and 99% perspiration."

- Any other examples you can think of?
- Do you think that “grit” and “talent” are related? Which do you think is more important?
 - Talent can be athletic, intellectual, athletic, etc.
 - Would this differ in middle school vs high school vs college vs career vs other aspects of your life?
 - Duckworth’s research indicates that the two are unrelated or may even be slightly negatively correlated, leading her to hypothesize that “talented individuals, for whom learning and advancement come easily, have fewer opportunities (or need) to develop a resilient approach to failure and setback.”
- How is grit related to resilience?
- Thinking about what we’ve discussed and how grit has been described, does your score seem accurate to you? Why or why not?
 - Scores measured on a scale of 1-5 with 5 being the grittiest or most persistent.
 - What would a score of 5 vs. 1 would look like?