WHAT IS “TRUE GRIT”?

Persistence + Resilience = Grit

Center for Academic Success & Exploration
www.butler.edu/learning
Butler University
Grit?
Think about a time . . .

When you were really proud of something you accomplished . . .

That time that you crossed a finish line that seemed previously unattainable . . .

When you said to yourself,

“That was difficult, and I did it.”
“A passionate commitment to a single mission and an unswerving dedication to achieve that mission”
- Paul Tough, How Children Succeed, 2012

"Grit is living life like it's a marathon, not a sprint."
- Angela Lee Duckworth, Professor, Psychology, Univ. of Pennsylvania

Angela Duckworth, University of Pennsylvania
“Self-discipline wedded to a dedicated pursuit of a goal” ~How Children Succeed

Persistence + Resilience = GRIT
Can *Grit* be Measured?

Let’s take the **12-item Grit Scale**.

Can *Grit* be Taught?

- Who taught you to be “gritty”?

- Who is teaching you to be “gritty” in pursuit of the future you’ve imagined?

- What is *Growth Mindset*?
Can *Grit* be Learned?

• Can you persist at
  o Uninteresting tasks
  o Delaying immediate reward
  o Following through on a plan?
  (~*How Children Succeed*)

• The link between grit & achievement is . . . PRACTICE.
Grit and the F-word

Failure

“Value the ability to figure out what to do after each failure . . . grit has to be balanced with intelligent flexibility.” (Forbes, 2013)
Grit and Failure

• Is it important to fail?

• What is the role of failure in learning grit?

• What do you do about it?

• Is failure a permanent condition?
“Unlike many decisions (e.g., what to have for lunch), choosing to endure rather than desist is a choice that must be effortfully sustained over time. This is an important difference and means grit requires not just motivation but also volition – not just resolving to achieve something important but also protecting the resolution when tempted to reverse the decision; not just committing to our goals but, more difficult than that, translating intentions into actions; not just starting things but finishing what we begin; not just zeal but also the capacity for hard work; not just want but also will.”

~Duckworth, 2013
See. Think. Wonder.

• Isn’t it ok to be a little bit interested in many things? Or do I need to be very interested in one thing?

• What about context?

• Does grit have to be long term?

• Can one have too much grit?
Grit How-To

• Identify your resources.

• In what circumstances are you already exhibiting behaviors related to your goal?
  o Remember when you were tempted to not do your homework but you did it anyway. How did you manage to do that?

• Find the times you have been successful!
Think about a time . . .

In the future when you will achieve a desired goal . . .

When you will cross that finish line despite some doubts along the way . . .

What will happen that brings you to the future you imagine?

You know what works – do more of it.

“A journey of a thousand miles begins with a single step.” ~Lao Tzu
Questions?

If you have any questions or need further assistance, please contact us in the Center for Academic Success & Exploration (CASE) in Jordan Hall 144, or email us at learning@butler.edu.