

# WHAT IS “TRUE GRIT”?

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Persistence + Resilience = Grit

Center for Academic Success & Exploration  
[www.butler.edu/learning](http://www.butler.edu/learning)  
Butler University

# Grit?



# Think about a time . . .

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

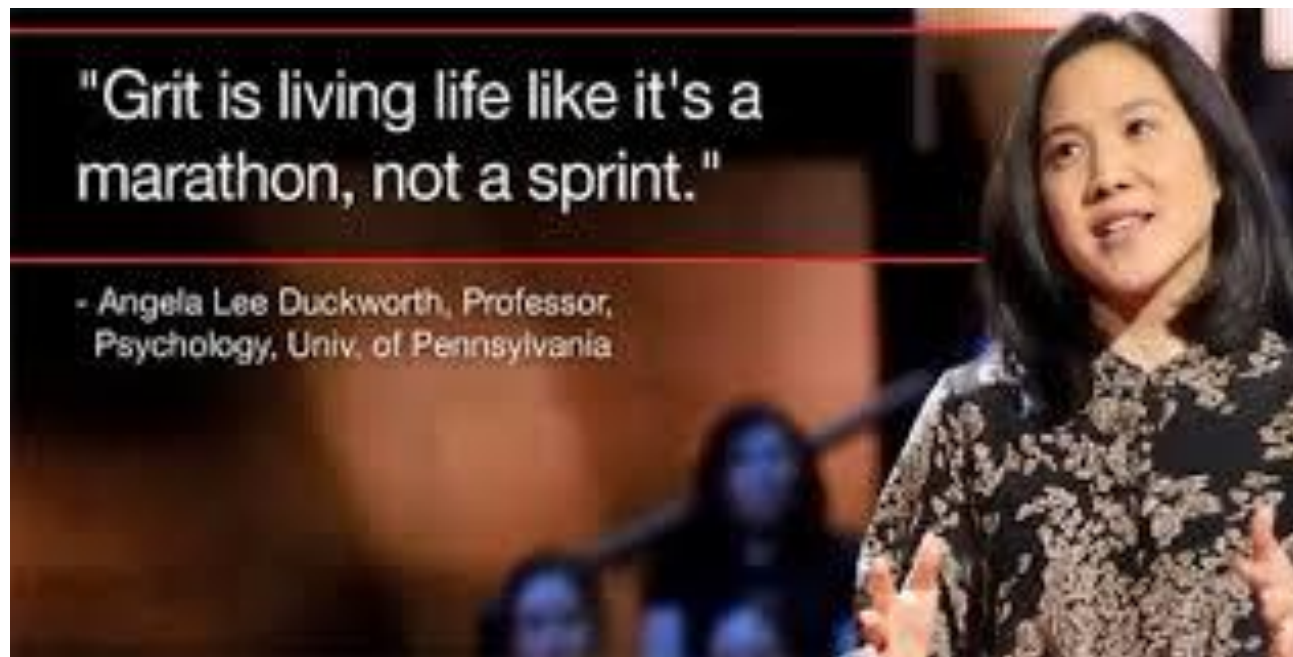
That time that you crossed a finish line that seemed previously unattainable . . .

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*



[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.



Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 9, 1087-1101.

# 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
  - Uninteresting tasks
  - Delaying immediate reward
  - 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?
  - 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  
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