How to Develop Grit, Perseverance, and Resilience in Your Students

Don’t Quit, Have Grit

Starting Soon…

With David Grimes
Don’t Quit, Have Grit

How to Develop Grit, Perseverance, and Resilience in Your Students

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GRIT.

growth resilience initiative enacity
GRIT.

Give it your all

Redo if necessary

Ignore giving up

Take time to do it right
Stop the Fixed Mindset
“I will never get this right.”
“’I’m so stupid’”
“I am totally useless”
“I am such a failure”
“I always mess this up”
“No one understands what it’s like”
Offer actual scenarios or proof, that can help the students get out of this negative fixed mindset.
Find Specific Conflict

Help discover the specific versus general to come out with a plan to overcome the hurdle
Refocus

Help students see the one negative thing or the challenge is eclipsing the other good things happening in school.
How are you doing?

I'm doing just fine!

Stop! You don't know what you're doing!

Give up! You're a failure!

You suck! You're a fake!

Stop trying! Nobody likes you!

Stop! You rate yourself as a zero!

They know!
Set up Scaffolding

Can bite-sized lessons be created from larger lessons?

Can I demonstrate this and verbalize the process? (Can I incorporate visual aids?)

Can I describe this in different ways?

Do I give enough time to practice?
Facing Challenges with Change

Note-taking Skills

- Use colors in notes
- Try Cornell Notes or recording lecture
- Focus on visuals vs words
Facing Challenges with Change

Memorization & Test Taking

- Mnemonic Devices
- Memory Dump
- Look for Absolutes
Stop the Fixed Mindset
Imposter Syndrome
I am a fraud.
I am a fraud.
Perspective

What I think other students know

What I know
Perspective

What I know

What others know

What others know

What others know

What I know

What others know

What others know

What others know
Proactive Tips

• Be available to talk or be a mentor to student
• Help student recognize expertise
Strategies

- Have students write their own bio or write a fellow student’s bio.
- Start their resume early and add time near end of class to add to it.
Keep an Eye On...

- Difficulty accepting praise or recognition
- Reluctant to seize new opportunities
- Procrastination due to fear
- Work-a-holic/individualism
Imposter Syndrome
Resources

- Grit: The Power of Passion and Perseverance
- https://angeladuckworth.com/grit-scale/
Grit Scale

Here are a number of statements that may or may not apply to you. There are no right or wrong answers, so just answer honestly, considering how you compare to most people. At the end, you’ll get a score that reflects how passionate and persevering you see yourself to be.

1. New ideas and projects sometimes distract me from previous ones.
   - Very much like me
   - Mostly like me
   - Somewhat like me
   - Not much like me
   - Not like me at all

2. Setbacks don’t discourage me. I don’t give up easily.
   - Very much like me
   - Mostly like me
   - Somewhat like me
   - Not much like me
   - Not like me at all

3. I often set a goal but later choose to pursue a different one.
   - Very much like me
   - Mostly like me
   - Somewhat like me
   - Not much like me
   - Not like me at all

4. I am a hard worker.
   - Very much like me
   - Mostly like me
   - Somewhat like me
   - Not much like me
   - Not like me at all
Resources

- Mindset: The New Psychology of Success
- http://blog.mindsetworks.com/what-s-my-mindset
Take the Mindset Assessment to Learn More About Your Mindset

Our mindsets exist on a continuum from fixed to growth, and although we'd like to always have a growth mindset, the reality is that we can only be on a journey to a growth mindset. The goal is to recognize fixed mindset elements in ourselves and then reflect on feedback and strategies for how to improve.

The Mindset Assessment is a quick diagnostic tool drawn from research-validated measures for people age 12 and over to use to assess their mindsets. It has been used in many studies to show how mindsets can change, and can be used by you and your students to identify areas in which you can work toward a growth mindset. You will be delivered personalized feedback after you submit the assessment.

1. No matter how much intelligence you have, you can always change it a good deal.
   - Disagree A Lot
   - Disagree
   - Disagree A Little
   - Agree A Little
   - Agree
   - Agree A Lot

2. You can learn new things, but you cannot really change your basic level of intelligence.
   - Disagree A Lot
   - Disagree
   - Disagree A Little
   - Agree A Little
   - Agree
   - Agree A Lot

3. I like my work best when it makes me think hard.
   - Disagree A Lot
   - Disagree
   - Disagree A Little
   - Agree A Little
   - Agree
   - Agree A Lot

4. I like my work best when I can do it really well without too much trouble.
   - Disagree A Lot
   - Disagree
   - Disagree A Little
   - Agree A Little
   - Agree
   - Agree A Lot

5. I like work that I'll learn from even if I make a lot of mistakes.
   - Disagree A Lot
   - Disagree
   - Disagree A Little
   - Agree A Little
   - Agree
   - Agree A Lot

6. I like my work best when I can do it perfectly without any mistakes.
   - Disagree A Lot
   - Disagree
   - Disagree A Little
   - Agree A Little
   - Agree
   - Agree A Lot
Find me and my awesome team at:

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