

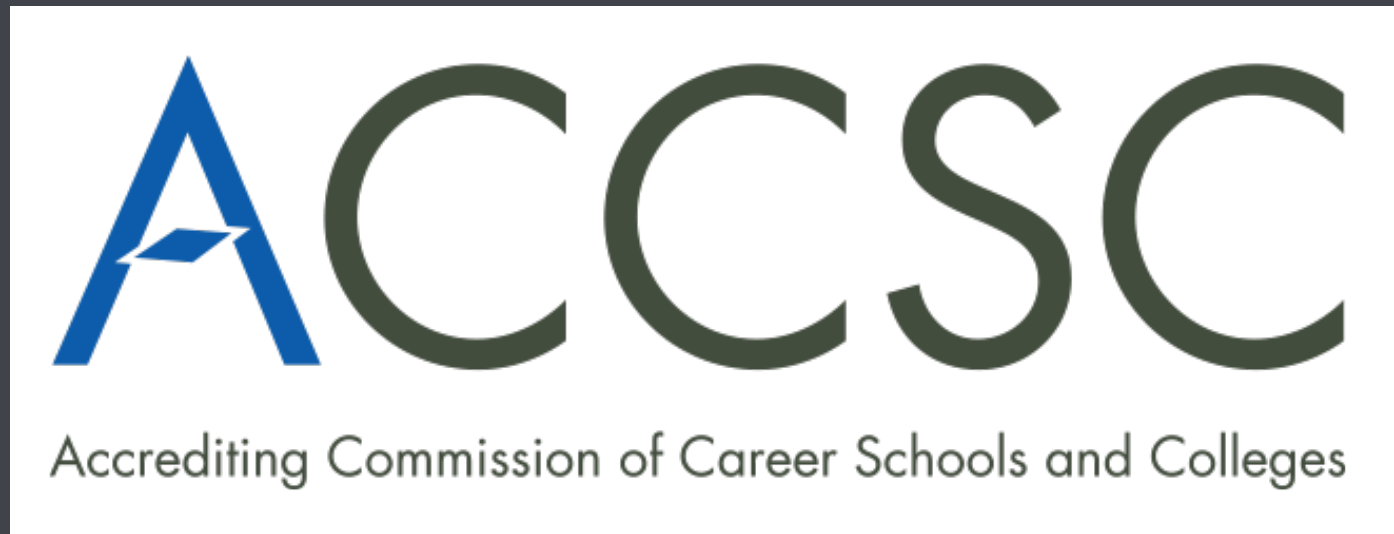
Don't Quit,
Have Grit.

Starting Soon...



With David Grimes

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



With David Grimes

Don't Quit, Have Grit

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

GRIIT



GRIIT

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GRIIT

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"

**"Nobody understands what
it's like"**

Proof Positive



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!

GIVE UP!

YOU DON'T KNOW WHAT YOU'RE DOING

IDIOT

YOU SUCK!

YOU'RE A FAKE!

YOU'RE A FAILURE!

STOP TRYING

NOBODY LIKES YOU!

JUST STOP!

KILL YOURSELF

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.



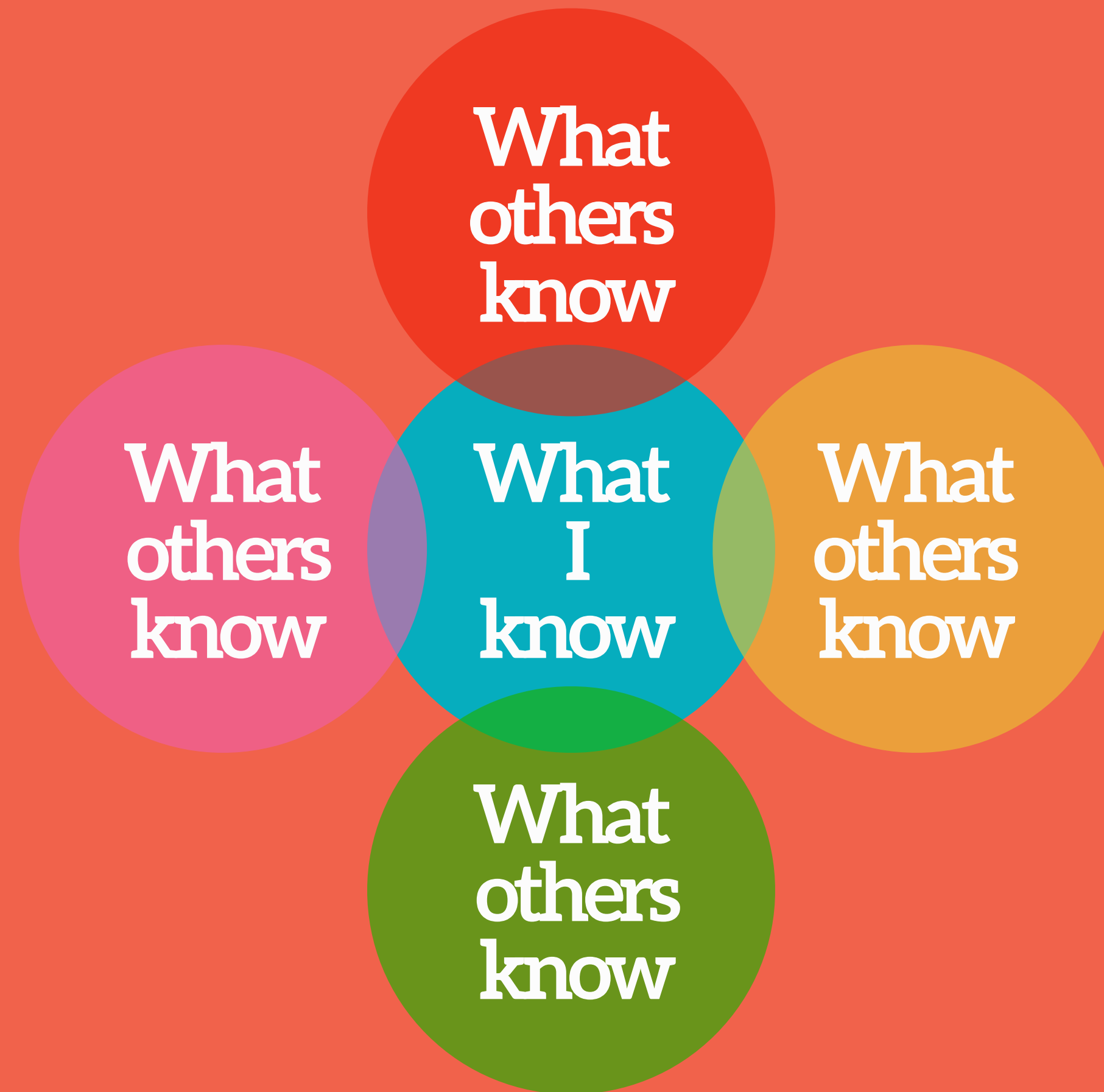
I am a fraud.

Perspective

What I think other
students know

What
I
know

Perspective



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

Additional Resources



Resources



**Angela
Duckworth**

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





Angela Duckworth

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



**Carol
Dweck**

- Mindset: The New Psychology of Success
- <http://blog.mindsetworks.com/what-s-my-mindset>



**Carol
Dweck**

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:**

cyanna.com

