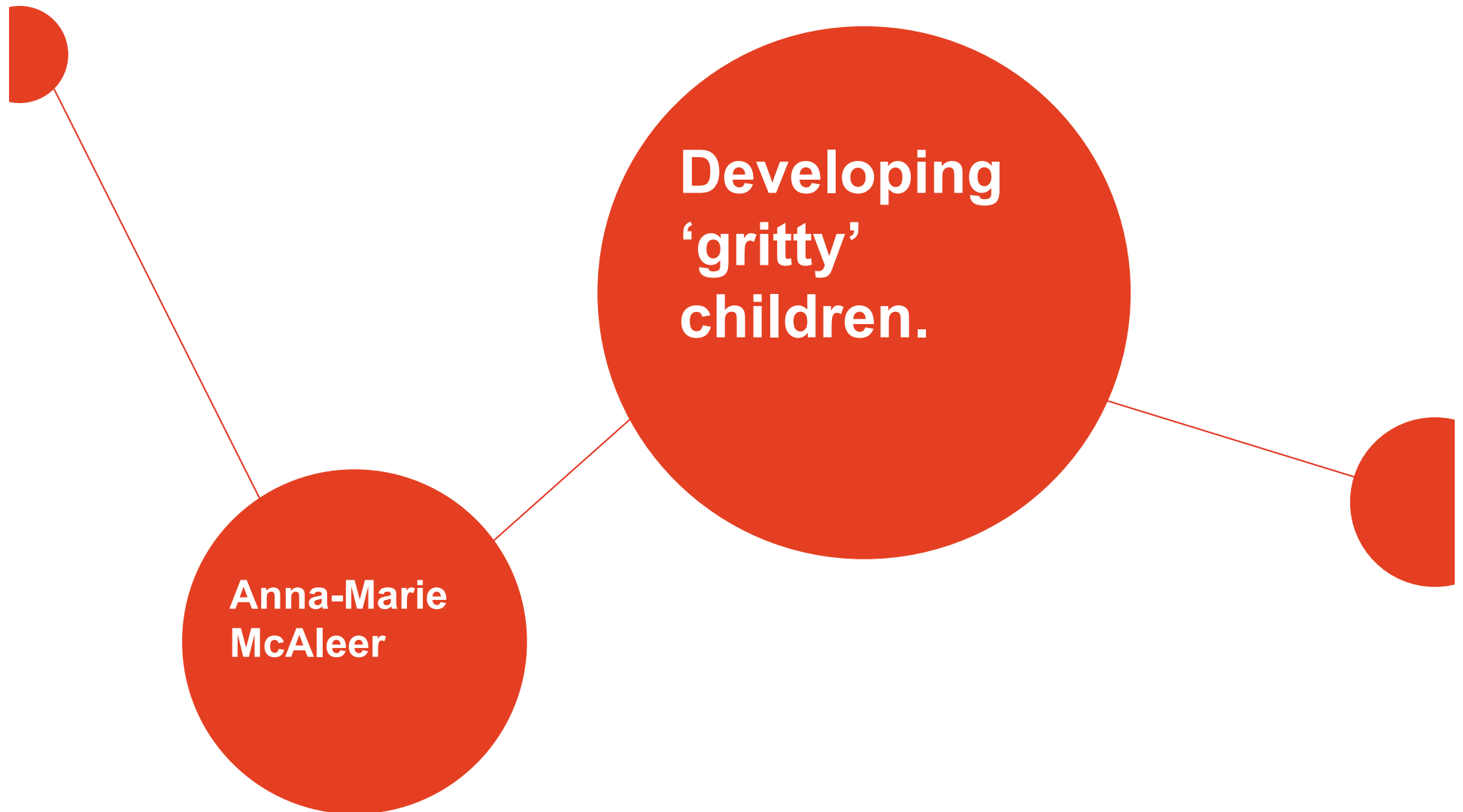




Primary Principal's Coffee

January 31, 2018



So, what matters for making it
through...?

Not your SAT scores.
Not your high school rank.
Not your leadership experience.
Not your athletic ability.
What matters is *grit*.

Angela Duckworth - 2016

What is grit?

Grit = Passion + Perseverance

What is grit?

“... grit is holding steadfast to that goal. Even when you fall down. Even when you screw up. Even when progress toward that goal is halting or slow.”

-Angela Duckworth

Grit is not...

Grit is not *talent*.

Grit is not *luck*.

Grit is not how *intensely*, for the moment, you *want* something.

Evidence of grit.

Grit scale - predicting success.

- 1) Further in formal schooling
 - 2) Special forces selection - Green Beret
 - 3) National Spelling Bee
-

Talent. Effort. Skill.

Talent = natural

Effort = what you put into something

Skill = the benefit of your effort





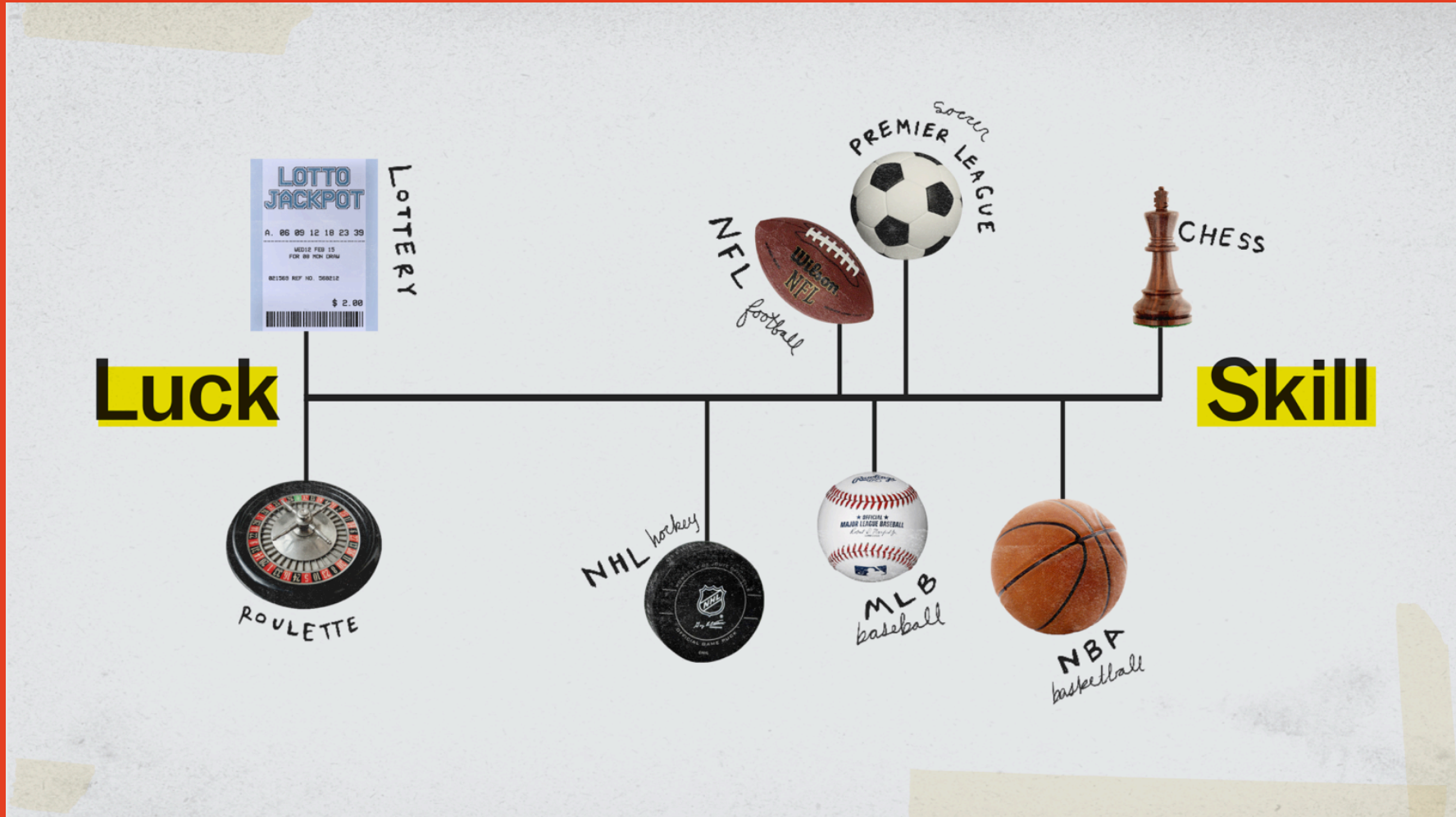
Talent. Effort. Skill.

Without effort, your talent is nothing more than *unmet* potential.

Without effort, your skill is nothing more than what you *could have done* but didn't.

With effort, *talent becomes skill*, and at the same time, effort makes skill *productive*.

talent x *effort* = skill



skill x *effort* = achievement

Developing grit.

Psychological assets of gitty people:

1. Interest
2. Practice
3. Purpose
4. Hope

Grit = Passion + Perseverance

“Fall seven, rise eight.”

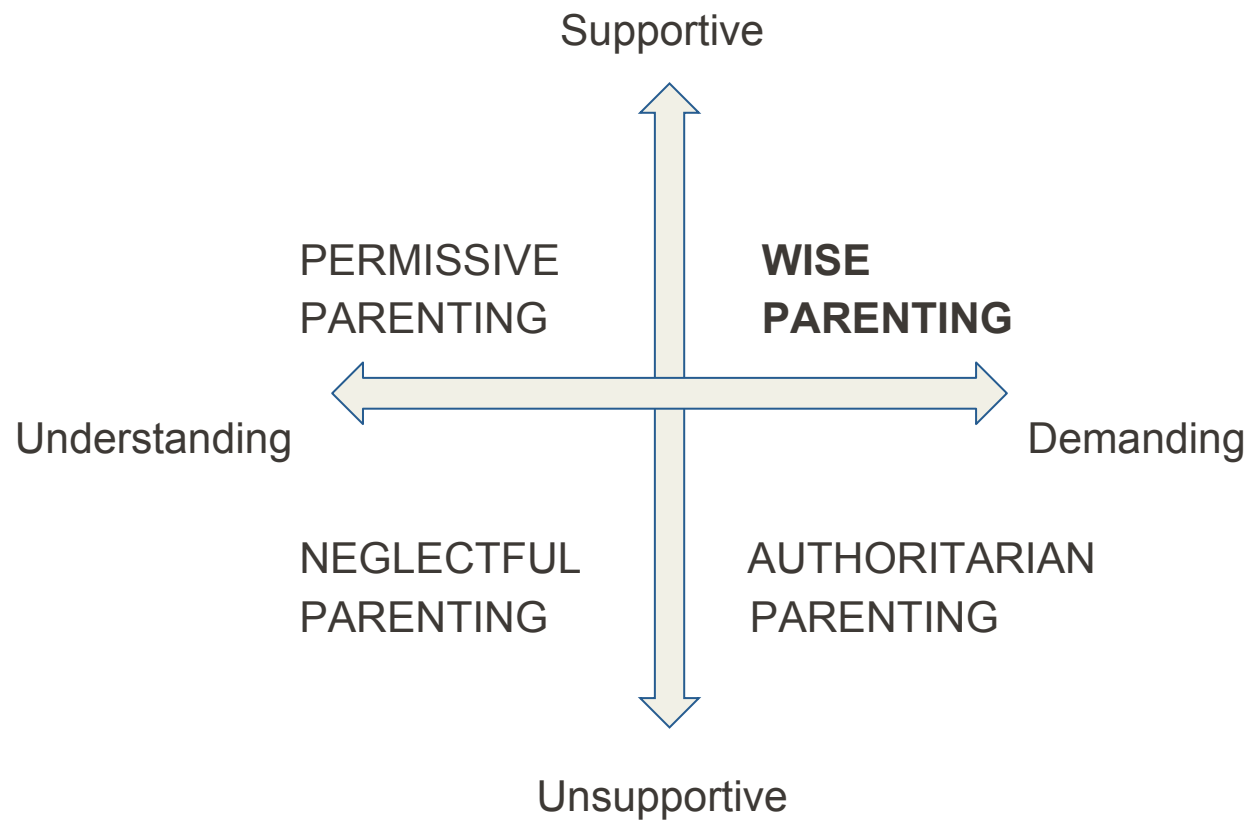
Nurturing grit.

1. Parenting
 2. Extracurricular
 3. 'Hard Thing' rule
-

Parenting.

Is grit forged in the crucible of unrelenting high standards or is it nurtured in the warm embrace of loving support?

Parenting styles.



Parenting.

10,000
American teenagers

Parenting.

Children *emulate* their parents.

Parenting.

“ All of us are ‘parents’ to young people other than our own children in the sense that, collectively, we are responsible for ‘bringing forth’ the next generation.”

A.Duckworth (2016)

Parenting.

How much *passion* and
perseverance do you have for
your own life goals?

Extracurricular.

Two key attributes to extracurricular involvement:

1. Adult in charge - ideally supportive and demanding (and is *not* the parent)
 2. Pursuits are designed to cultivate *interest, practice, purpose, and hope*
-

Extracurricular.

Kids thrive when they spend at least some part of their week doing *hard things* that *interest* them.

Extracurricular.

Class: feeling challenged - not especially motivated

Hanging with friends: not challenging, but super fun!

Playing sport/music/school play - BOTH challenging
and fun

Extracurricular.

Research studies suggest:

- earn better grades
 - have higher-self esteem
 - are less likely to get in trouble
-

Extracurricular.

1 year

‘Hard Thing’ rule.

Part 1:

Everyone needs to do a ‘hard thing’ (including Mom and Dad).

‘Hard Thing’ rule.

Part 2:

You must finish what you start.

'Hard Thing' rule.

Part 3:

You get to pick your 'hard thing'

'Hard Thing' rule.

2 years!

“To be gritty is to hold fast to an interesting and *purposeful* goal. To be gritty is to invest, day after week after year, in challenging *practice*. To be gritty is to fall down seven times, and rise eight.”

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