Grit

Materials:

- Worksheet

Brainstorm
What is grit?

Discuss
Call on student volunteers to share their responses. Confirm or clarify as needed. Ask students to provide examples of a time they showed grit.

Dive in!
Grit is using a combination of passion and perseverance to reach goals. It's a term coined by Dr. Angela Duckworth to explain why some people are able to succeed when others don't in similar circumstances. Research shows that having grit is a predictor of one's ability to accomplish challenging goals. It also suggests that talent and grit are largely unrelated. The good news is that you can grow grit. And today we're going to see what your grit levels are and learn some strategies to improve them.

Activity
Distribute one copy of the worksheet to each student. Have students take the quiz independently. Then review each of the strategies for improving grit. After each strategy, ask students to identify a time when they've used the strategy or provide a specific example if no students volunteer.

Reflect
To wrap up the lesson, ask students verbally to identify someone they know who exhibits grit. What makes this person gritty? What examples show their perseverance?

Interdisciplinary
To see examples of educators developing students' capacity to persevere in a math classroom, check out the University of Texas at Austin Charles A. Dana Center's website and videos: www.insidemathematics.org/common-core-resources/mathematical-practice-standards/standard-1-make-sense-of-problems-persevere-in-solving-them

Professional Development

Are there ways you build students' ability to show grit and persevere in your classroom?

For Further Study:
- Character Lab, Grit Playbook: https://characterlab.org/playbooks/grit/
- Digital Promise, The Research Behind the Ted Talk: digitalpromise.org/2019/03/06/research-behind-ted-talk-angela-duckworth-grit/
- TED, Grit, the Power of Passion and Perseverance: www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en