
GRIT

— “It won’t always be easy, but
it’s not just me.” —

Today's Goals:

1. Define Grit
2. Learn a Fixed vs. Growth Mindset
3. Learn **tools to improve our grit**

WHAT IS GRIT?

WHAT IS GRIT?



WHAT IS GRIT?

1. Our **mindset** to persevere
2. Our ability to use **supports** to **overcome obstacles**

“Perseverance and passion for long-term goals.” - Angela Duckworth



WHY IS GRIT IMPORTANT?

High School is a time of transition, choices, development of short- and long-term goals.

- Grit allows us to **problem-solve**
- Grit allows us to **achieve goals**
- Grit is an **essential ingredient** in the recipe for **success!**

FIXED MINDSET

Stories we tell ourselves that are sometimes unhelpful.

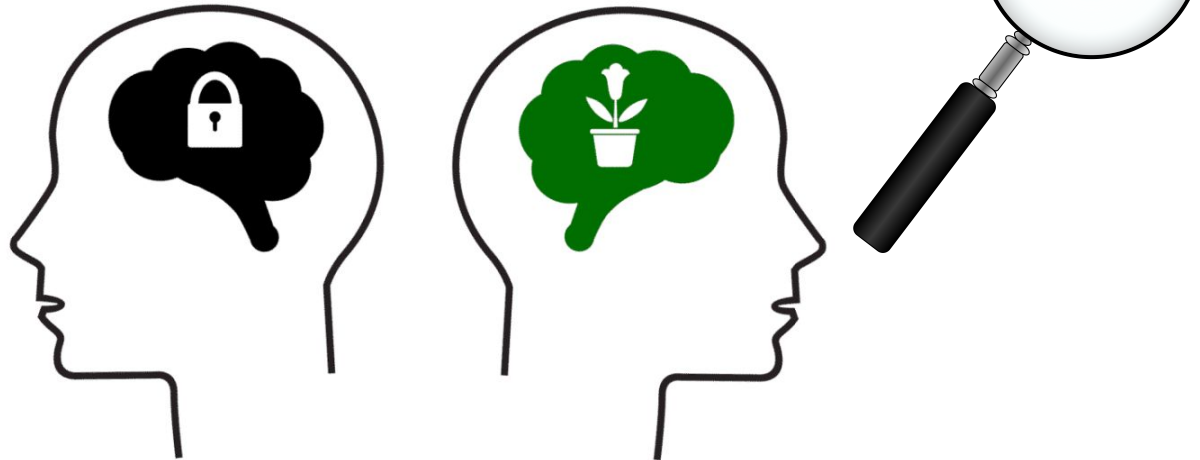
vs.

GROWTH MINDSET

Allowing ourselves to see multiple perspectives.

Becoming a

SLEUTH!





1. Our mindset

FIXED MINDSET

Words such as...

“Always...”

“Never...”

“Everyone...”

“No one...”

I will **never** be good at math.

Everyone was laughing at me.

vs.

GROWTH MINDSET

Phrases such as...

“Not yet...”

“I will...”

“Someone can help me with this.”

“Maybe”

I **will** improve if I study.

Maybe they were laughing at a joke.

FIXED MINDSET

into...

GROWTH MINDSET

I did not get a good score on the SAT, so I will **never** get into the college I want.

..."Not yet, I will, Someone can help me with this, Maybe..."



FIXED MINDSET

into...

GROWTH MINDSET

I did not get a good score on the SAT, so I will never get into the college I want.

I have not gotten the score I need on the SAT **YET**. To get into the college I want, **maybe** I need to:

- See my counselor for test prep materials
- Study in a different way
- Make sure to study each day a little bit



FIXED MINDSET

into...

GROWTH MINDSET

My friend didn't say hi to me in the hallway. He/she/they **must be** mad at me.

..."Not yet, I will, Someone can help me with this, Maybe..."



FIXED MINDSET

into...

GROWTH MINDSET

My friend didn't say hi to me in the hallway. He/she/they **must be** mad at me.

My friend didn't say hi to me in the hallway. It **may be** because:

- They didn't see me
- They had headphones in
- They had a test they wanted to study for
- They were having a bad day and didn't want to talk





2. Our ability to use supports to overcome obstacles

“It won’t always be easy, but it’s not just me.”

“It won’t always be easy...”

It won’t always be easy. We face obstacles.

BUT we can **anticipate** those obstacles ahead of time.

→ If my goal is to pass my Physics exam, what obstacles may I face?

“It won’t always be easy...”

Obstacles from within	Obstacles from the world
<ul style="list-style-type: none">● Perfectionism● Test taking anxiety● Lack of motivation● Procrastination● Disorganization	<ul style="list-style-type: none">● Family is too loud to study● Distractions● Material is difficult● Too many commitments to balance

“BUT it’s not just me..”

Grit **does not mean** we solve problems on our own. It **does not mean** we are the only people to keep us motivated.



“BUT it’s not just me...”

People in Our Lives	Groups we are a part of	Resources we have
Parents Siblings Friends Teacher Minister Counselor	Peer tutoring group Soccer team Orchestra Religious group Model UN Family Friend group	Study materials Collegeboard.org Laptop Music Crafting School

Worksheets

Challenge

This week, identify 3 times you may engage in negative self-talk. Then, change this thought into one from a growth mindset perspective.