

GRIT AND PERSEVERANCE IN JENNINGS



IT'S **NOT** GRITTY WHEN...

- ▶ Buy your kids velcro shoes
- ▶ Point to the right answer on the homework
- ▶ Putting training wheels back on your child's bike because they fell and got scared
- ▶ Buckle your child's seatbelt in car loop
- ▶ Write the homework for your child
- ▶ Carry your child out of school
- ▶ Allow your child to quit a sport just because they think it's "Too hard"

WHAT IS GRIT?

Grit is the tendency to sustain interest in and effort toward very long-term goals
(Duckworth et al., 2007)

Looks Like:

Staying with a task and not giving up.

Showing commitment, pride, patience and a positive attitude while working hard at a task.

GROWTH MINDSET

- ▶ https://www.youtube.com/watch?v=-_oqghnxBmY

HAVING A GROWTH MINDSET

Fixed Mindset

- ▶ Students believe their intellectual ability is limited.

Growth Mindset

- ▶ Students see a challenge as an opportunity to learn

Looks Like:

- ▶ *Destructive thoughts* – “I failed because I am dumb”
- ▶ *Feelings* – humiliation
- ▶ *Behavior* – giving up

- ▶ *Constructive thoughts* – “Maybe I can try a different strategy”
- ▶ *Feelings* – excitement of a challenge
- ▶ *Behavior* - persistence

TEACHERS ARE:

Collaborating with colleagues and parents by:

- ▶ Focus on learning goals, *not* performance goals.
- ▶ Promote cooperative goals and social interactions through group/partner work
- ▶ Set long Term Goals

WHAT IT LOOKS LIKE IN SCHOOL

New Academic Initiatives:

- ▶ SBA
- ▶ Common Core
- ▶ iReady
- ▶ Star

ELA

- ▶ Inventive Spelling
- ▶ Tracking reading growth
- ▶ Independent projects
- ▶ Reading/Writing Share

Math

- ▶ Flexible thinking
- ▶ Trying multiple strategies
- ▶ Partner work
- ▶ Multistep Problems


All Day

- ▶ Responsive classroom strategies
- ▶ Wait Time
- ▶ Feedback:
 - ▶ Process/Product/Add-On
 - ▶ Praise Effort

PARENTS CAN:

- ▶ Asking questions such as:
 - ▶ Why do you think that way?
 - ▶ Is there another strategy you can try?
 - ▶ What did your friends think?
- ▶ Promote Social Interactions with Classmates
- ▶ Try a new sport or skill that is difficult, and encourage stickwithitness
- ▶ Save money by doing chores to buy new toys/games
- ▶ Help a younger child learn a new skill
- ▶ Try something again – even if they failed the first time!

HOW WE TEACH GRIT TOGETHER

- ▶ Start Small
 - ▶ Let them choose
 - ▶ Be alert to possibilities
 - ▶ Show them how
 - ▶ Provide a reality check
 - ▶ Applaud Effort
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SOURCES

- ▶ Duckworth, A.L., White, R.E., Matteucci, A.J., & Gross, J.J. (in press). A stitch in time: Strategic self-control in high school and college students. *Journal of Educational Psychology*.
- ▶ Dweck, Carol, Gregory Walton, and Geoffrey Cohen. *Academic Tenacity Mindsets and Skills That Promote Long-Term Learning*. Bill & Melinda Gates Foundation.
- ▶ <http://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/>
- ▶ <http://schools.cms.k12.nc.us/beverlywoodsES/Documents/AprilPerseverance.pdf>