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Description automatically generatedISSAQ 101: Persistence, Effort, and Grit

## **General Information**

## Purpose

## One of the predominant features of "grit," Persistence refers to the maintenance of effort in the face of challenges. Grit as defined by Angela Duckworth is passion and perseverance for long term goals. Helping students become grittier can help them be more successful..

## Learning Outcomes

1. Students will understand that talent does not lead directly to success.
2. Effort and persistence is a greater indicator of success than readiness scores.
3. Failure should be used as motivation to do try again and as an opportunity to improve.

# **Course Materials**

## Required Materials

* [TED Talk Video](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en)
* [GRIT Quiz](https://angeladuckworth.com/grit-scale/)

## Optional Materials

* n/a

## References/Resources

* Duckworth, A. (2016). Grit: The power of passion and perseverance.
* Li, K., Zelenka, R. Buonaguidi, L., Beckman, R.,  Casillas, A., Crouse, J., Allen, J., Hanson, M.,  Acton, T.  & Robbins, S. (In press). Readiness, behavior, and foundational mathematics course success. Manuscript submitted for publication.

# Agenda

## Introduction

* 1. Via poll or raising hands, ask students what the definitions of these words are. Ask why or why not think they are important and if they value them, why or why not?
  2. 2. Via poll or raising hands, ask students what they think is more important to success, previous academic achievement or persistence, effort, and grit? (Example of online poll using mentimeter.com it is free for basic polling: https://www.menti.com/f164nuj19x)

## Activity

* 1. Watch the Ted Talk Video: <https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en>
  2. Break down key points from the video and ask students for their thoughts.
  3. Share DIA slide with students, end of this doc, on readiness scores and effort levels.
  4. Ways to develop and improve persistence, effort, grit:
     1. Pursue your interests and passion(s).
     2. Practice, practice, practice. Get a little bit better every day.
     3. Connect to a higher purpose. Ask yourself how you are helping other people.
     4. Have hope, believe things will improve because you will make them better!
     5. Surround yourself with gritty people. We are influenced by those around us.
  5. Have students take this short quiz: <https://angeladuckworth.com/grit-scale/>
  6. Have students review their responses of the quiz with a partner.

## Discussion & Reflection

* 1. Did you learn anything today that surprised you?
  2. Was anyone surprised by their Grit score? Why or why not?

## Assignment: Exit Ticket

* 1. Write down one time in the past you have displayed grit.

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