

The Power of Grit

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Background

- Intelligence is not the sole predictor of success
- Other factors play an important role such as a person's level of grit ~ a non-cognitive trait that supports resilience & perseverance



Participants

The project is being implemented in:

- 2 education classes (EDF 2085, Diversity/Exceptionalities & EME 2040, Educational Technology) with 45 students
- 2 psychology classes (PSY 2012, General Psychology) with 51 students



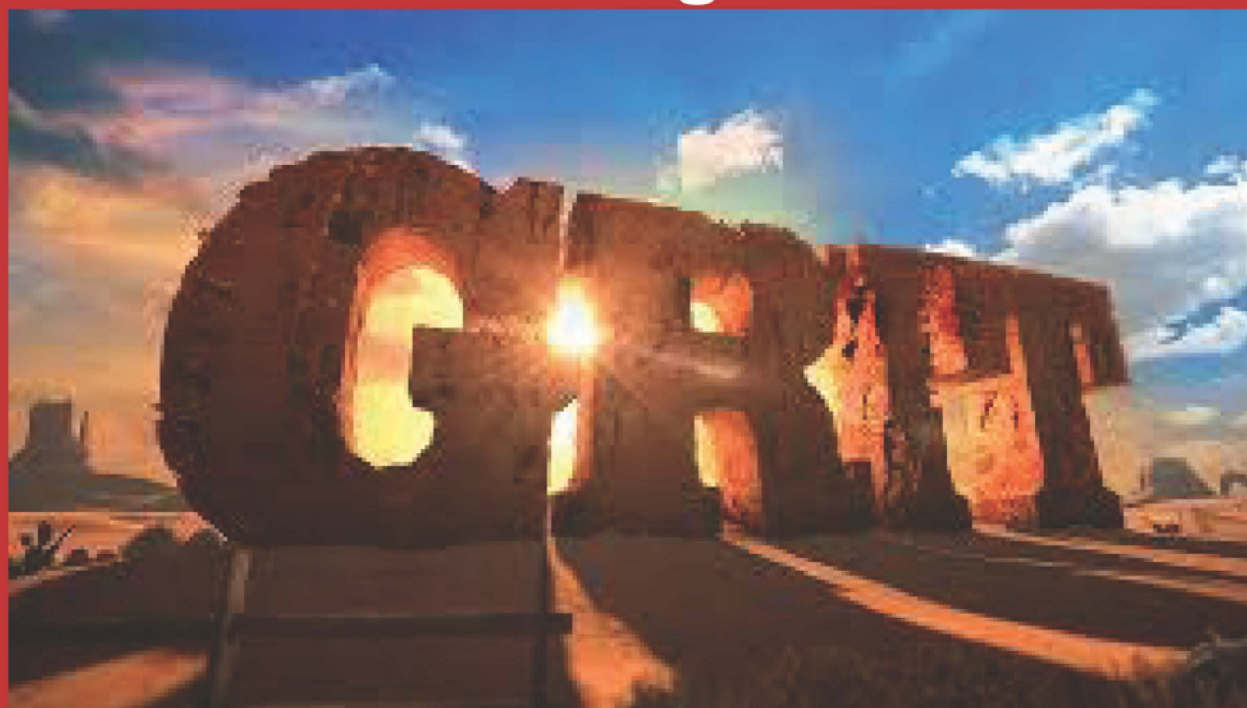
Goals & Objectives

To help lower division students:

- Expand their repertoire of self-help strategies
- Overcome any personal and/or academic challenges
- Increase their level of "grit"
- Improve their level of success in college & life in general



Strategies

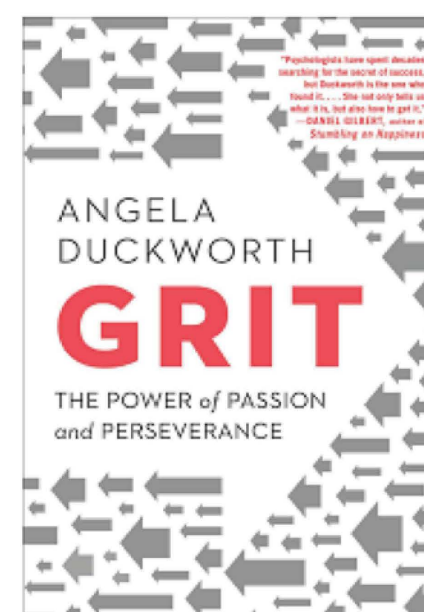


Students will:

- Take a pre- and post-test measuring their level of grit
- Read Angela Duckworth's book on grit
- Complete grit discussions & activities in class
- Attend grit presentations by psychologists and K-12 teachers
- Participate in grit events on campus



Materials



Outcomes

The project will result in the:

- Development of grit materials, activities, and website
- Documentation of grit teaching practices
- Creation of student artifacts including portfolios with self-reflections
- Data collection and analysis of the impact of grit-based practices on students' success rates in English, math, & science and the General Knowledge Exam
- Dissemination of findings to the college community about the benefits of integrating grit activities in the classroom



References

Brown, P., Roediger, H., & McDaniel, M. (2014). Make it stick: The science of successful learning. Cambridge, MA: Belknap Harvard.

Duckworth, A. (2016). GRIT: The power of passion and perseverance. New York: Scribner.

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