

# 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

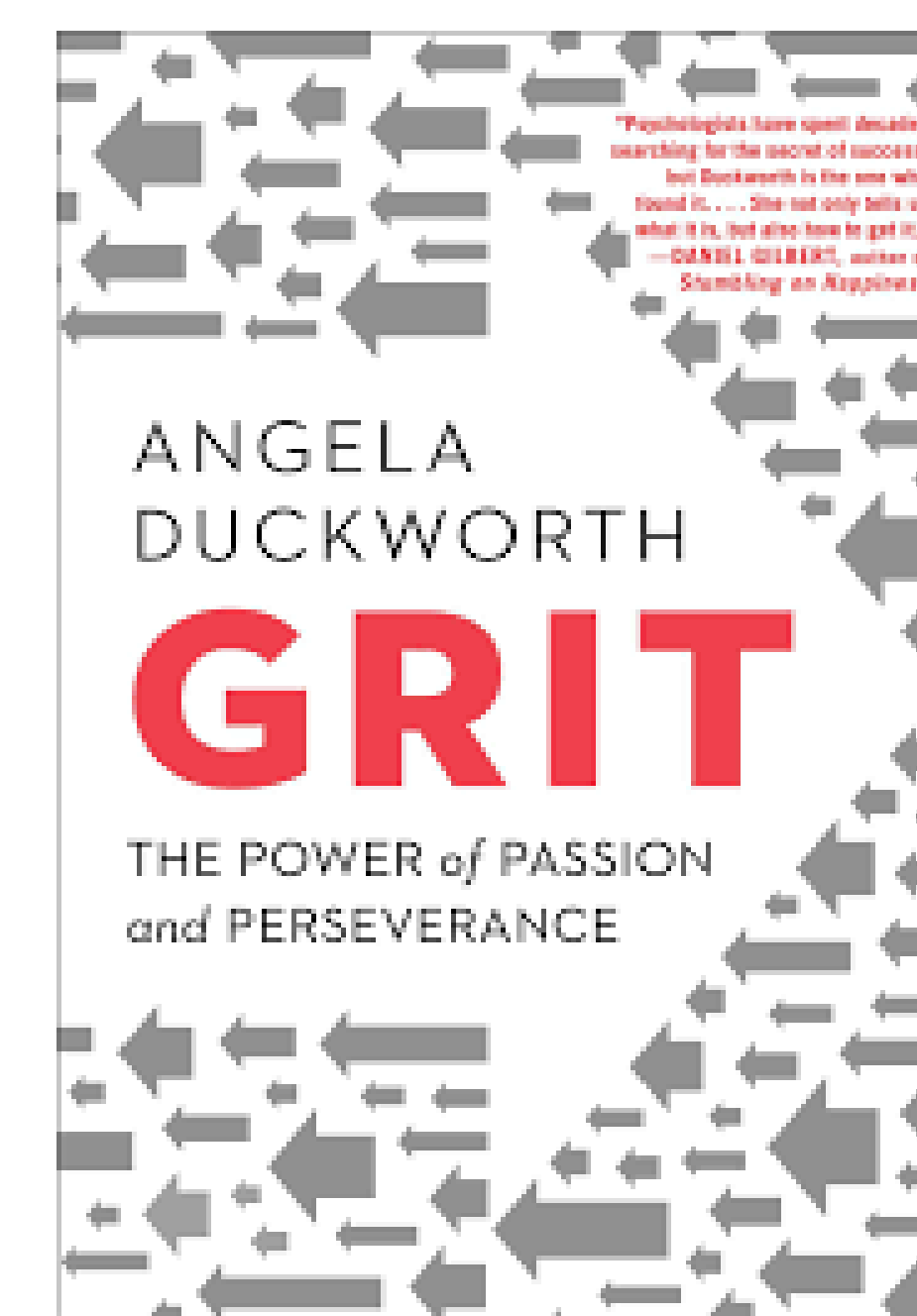


Students will:

- Took a pre- and post-test measuring their level of grit
- Read Angela Duckworth's book on grit
- Completed grit discussions & activities in class
- Attended grit presentations by psychologists and K-12 teachers
- Participated in grit events on campus



### Materials



### Findings

**Students were able to:**

- Identify strategies for increasing their level of grit
- Reframe their thoughts using more positive self-talk and reflection
- Use the abstract thought process in dealing with adverse situations
- Work towards attaining personal goals using SMART goals techniques

**Faculty were able to:**

- Develop meaningful classroom activities to promote students' analysis, reflection, and acquisition of self-help strategies
- Engage students to promote grit techniques with other students in and outside the classroom
- Elicit positive feedback from students about continuing to implement grit activities in the classroom
- Present findings to their respective pathways about the merit of infusing grit techniques in the teaching and learning process

