



Counselor's Corner

February 01, 2019

Did You Know?

The good news is that there seem to be non-cognitive traits that can help students succeed. The bad news is it seems that the students who need Grit may have the most difficulty obtaining it. Research shows that 10-15% of underprivileged children develop behavior problems due to high levels of toxic stress. These children find self-control (needed for grit) difficult. An essential tool for students with poor self-control is a behavior reward system which trains children to externally control behavior first before they can internally control behavior. In fact, there are Grit behavior reward systems on line. These are easy to use and highly effective.

Grit: Associated with Success



According to Angela Duckworth, a Harvard, Oxford and University of Penn. educated researcher, grit is a trait highly related to success in adults and children. Basically, grit is passion and determination for attaining goals. While teaching math to inner city seventh graders in New York, she discovered that students with highest IQ or most talent weren't the most successful. Her extensive research revealed that success in business, athletics, art, medicine etc. was significantly linked with grit. The question educators are grappling with in connection with these findings is how to instill this resilience in students. Suggestions for helping students "grow their grit":

- Teach students that they are supposed to feel confused or frustrated when challenged. This reframes these feelings as a normal part of learning
- Encourage students to pursue/find their interests
- Encourage them to practice, practice, practice skills (try to get a little better every day)
- Help them connect to altruistic purposes (ask how they are helping others)
- Help them cultivate hope
- Pair them with "gritty" classmates



Related websites/contact information:

Grit: The Power of Passion and Perseverance by Angela Duckworth

<http://qz.com/work/1233940/angeladuckworth-explains-grit-is-the-key-to-success-and-self-confidence>

nationalgeographic.com/news/2014/10/14105-angela-duckworth-success-grit-psychology-selfcontrol-science-nginnovators

www.newyorker.com/culture/culture-desk/the-limits-of-grit

