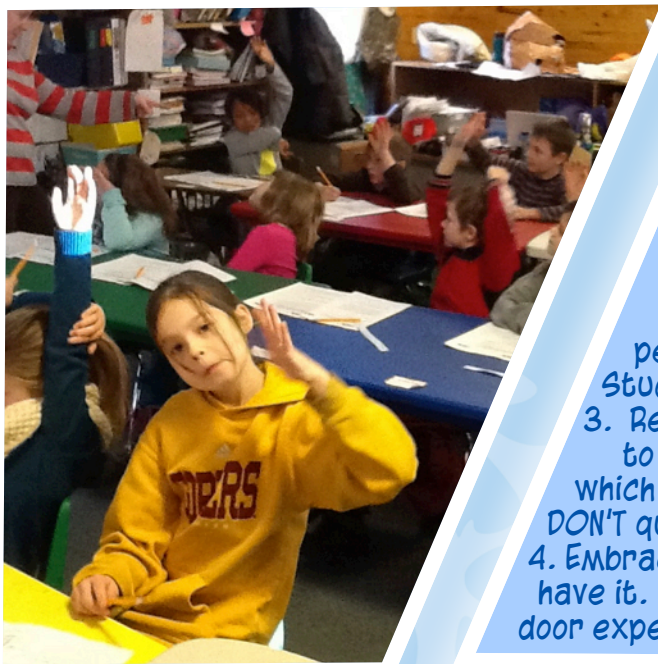


Title 1 Tidbits presents...

# GET GRITTIER THIS YEAR!

Grit is courage, resolve, and strength of character. Grit is the conviction that the value of achieving a goal is worth overcoming the obstacles that stand in the way of accomplishing it. And grit is the most significant predictor of success!<sup>1</sup> Rather than getting better grades, becoming more athletic or having better time management, make it your goal to get grittier this year. How? Glad you asked!



1. Read and talk about people with grit. Individuals that have overcome great adversities to accomplish a long term goals are your target. History is saturated with them, which is why we still know their names! There are several examples living around us as well.
2. Encourage a growth mindset in yourself and your child. Do you believe that intelligence and performance is something that you can improve? Studies and real-life examples say you can! Live it!
3. Reframe problems. Be thankful for opportunities to grow. Appreciate being forced out of the box in which you may have accidentally restricted yourself. DON'T quit, give up or lose hope. Be an example of grit.
4. Embrace circumstances that develop grit. Then you'll have it. Tough academic requirements, sports, and outdoor experiences have the opportunity to increase grit.<sup>2</sup>

Need some examples to get you started? Try these:

Kenny: 10-year-old maple sugarer--<https://www.youtube.com/watch?v=FOqrtsYg6kI>

Movie for younger students: *Cool Runnings* (Caution: one scene includes profanity.)

Book for younger students: *The Minstrel In the Tower* by Gloria Skurzynski

John Foppe: born without arms, learned to drive a car & earned a psychology degree.

Movie for older students: *Karate Kid*

Book for older students: *Island of the Blue Dolphins* by Scott O'Dell

Rosa Parks: when laws were against her, she began a desegregation movement.

<sup>1</sup> Duckworth, Angela. [http://www.ted.com/talks/angela\\_lee\\_duckworth\\_the\\_key\\_to\\_success\\_grit?language=en#t-161835](http://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit?language=en#t-161835)

<sup>2</sup> Davis, Vicki. <http://www.edutopia.org/blog/true-grit-measure-teach-success-vicki-davis>