Cultivating Perseverance and Grit

Bell Ringer

“Everyone is born with an intense drive to learn. Babies don’t worry about making mistakes or humiliating themselves. They walk, they fall, they get up. They just barge forward.”

— Carol Dweck, Ph.D.

Now that you are older, are obstacles and setbacks you face more of a good thing or a bad thing? Explain your answer.

Squares Activity

Number of squares: _______________

Perseverance and Grit

The following behaviors help to develop perseverance and grit.

1. Cultivate curiosity and a deep interest in what you are learning. ______
2. Increase your effort, don’t blame your ability. ______
3. Learn from failure, and apply its lessons. ______
4. Talk to yourself to guide your learning. ______
5. Learn from role models and mentors. ______

How often you do each of the above? (Put a number next to each item.)

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Reflection/Application

Do a perseverance walk by interviewing someone who overcame obstacles to achieve a positive goal. Answer the following questions in paragraph form. Write approximately 750 words.

❑ What did they want to achieve (their goal) and why?
❑ What were the obstacles they faced and overcame?
❑ What kept them going and on track?
❑ How and when did they reach their goal? How did it feel?
❑ What have been the benefits of reaching their goal?