



SAINT JOSEPH CATHOLIC HIGH SCHOOL
STRIVE Mini-Lesson
Grit

Objectives: Students will

- define grit
- determine their grit scale
- explore how to exhibit more grit

Procedure:

If you have a Smartboard, you can view the [Powerpoint](#). If not, follow the procedure below.

1. Read the information below.

Consider this quote from the Bible:

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. Galatians 6:9

Other than IQ, research has indicated that one of the best indicators of success is GRIT.

By definition, grit is:

- **working strenuously toward challenges, maintaining effort and interest over years despite failure, adversity, and plateaus in progress.**
- **a passionate commitment to a single mission and an unswerving dedication to achieve that mission,**
- **perseverance of effort**

2. As a group, brainstorm some synonyms to the character trait "grit" ...

Here are a few you may have mentioned:

self-discipline	willpower	resolve	perseverance
backbone	determination	tenacity	fortitude
heart	stick-to-it-iveness	courage	self-control

3. Students complete the attached quiz and determine their grit scale.
4. Read the information below.

Studies indicate that self-discipline outdoes IQ in predicting the academic performance of adolescents. (Angela Duckworth, Psychologist, University of Pennsylvania)

Non-cognitive skills—persistence, grit, curiosity, self-control, delayed gratification, conscientiousness—are more crucial than sheer brainpower to achieving success. (Paul Tough, author “How Children Succeed”)

One of the seven gifts of the Holy Spirit is FORTITUDE.

Fortitude ensures firmness in difficulties and constancy in the pursuit of good.

Catechism of the Catholic Church

5. Examine the steps to changing your mindset. Share the photocopy with students and read together.
6. Have the students reflect on the following reflection question. Students can write their response or use think-pair-share.

What is one area in your life where you could show more grit? What is your plan (name one small step you could take) toward moving forward in that area of your life?

7. Share the following quote:

If you're running a 26-mile marathon, remember that every mile is run one step at a time.

If you are writing a book, do it one page at a time.

If you're trying to master a new language, try it one word at a time. There are 365 days in the average year. Divide any project by 365 and you'll find that no job is all that intimidating.

Charles Swindoll

12- Item Grit Scale

Directions for taking the Grit Scale: Please respond to the following 12 items. Be honest – there are no right or wrong answers!

1. I have overcome setbacks to conquer an important challenge.
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

2. New ideas and projects sometimes distract me from previous ones.*
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

3. My interests change from year to year.*
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

4. Setbacks don't discourage me.
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

5. I have been obsessed with a certain idea or project for a short time but later lost interest.*
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

6. I am a hard worker.
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

7. I often set a goal but later choose to pursue a different one.*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

8. I have difficulty maintaining my focus on projects that take more than a few months to complete.*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

9. I finish whatever I begin.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

10. I have achieved a goal that took years of work.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

11. I become interested in new pursuits every few months.*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

12. I am diligent.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

Scoring:

1. For questions 1, 4, 6, 9, 10 and 12 assign the following points:

5 = Very much like me

4 = Mostly like me

3 = Somewhat like me

2 = Not much like me

1 = Not like me at all

2. For questions 2, 3, 5, 7, 8 and 11 assign the following points:

1 = Very much like me

2 = Mostly like me

3 = Somewhat like me

4 = Not much like me

5 = Not like me at all

Add up all the points and divide by 12. The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty).

Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 9, 1087-1101.

Increasing Your Grit

- Self-discipline is like a muscle. The more you train it, the stronger you become. The less you train it, the weaker you become.
- Just as everyone has different muscular strength, we all possess different levels of self-discipline. Everyone has some — if you can hold your breath a few seconds, you have some self-discipline. But not everyone has developed their discipline to the same degree.
- Just as it takes muscle to build muscle, it takes self-discipline to build self-discipline.

(Steve Pavlina)

Tip One: Identify one area of your life where you would like to show more grit.

- Examine where you are right now – what is your starting point...
- Design a training program for yourself to improve in this area. Plan small achievable actions first to get the wheels rolling in the right direction.
- For example, if you have trouble getting up early, do not decide that instead of waking at 8am you will wake at 6 am. Take smaller steps. Begin by waking up at 7:50 am the first week, then 7:40 am the next week, then 7:30 am...
- Don't deny where you are...accept it but make a plan to change one small step at a time.

Tip Two: Take one small step at a time

- Maintain action regardless of your feelings. Press on even when you feel like quitting.
- Focus on the very next step, not the long road ahead.
- Sometimes you'll feel motivated; sometimes you won't. But it's not your motivation that will produce results — it's your action. Persistence allows you to keep taking action even when you don't feel motivated to do so, and therefore you keep accumulating results.