



Developing Grit in Gifted Learners

Bexley City Schools

November 2021

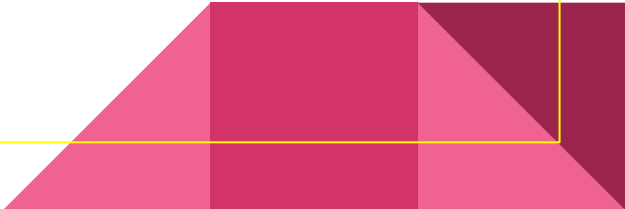
What is “grit”?

“We define grit as perseverance and passion for long-term goals. Grit entails working strenuously toward challenges, maintaining effort and interest over years despite failure, adversity and plateaus in progress. The gritty individual approaches achievement as a marathon; his or her advantage is stamina. Whereas disappointment or boredom signals to others that it is time to change trajectory and cut losses, the gritty individual stays the course.” (Duckworth, Peterson, Matthews, & Kelly, 2007, p. 1087)



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Why is grit important?

- Connected to long term achievement outcomes
- Tied to resilience and mental wellness
- Leads to independence and self-sufficiency
- Life is hard



How do Bexley students view their own grit?

Grades 4 - 5

- 53% responded favorably to items related to grit
- 10th %ile nationally, 10th %ile similar schools

Grades 6 - 8

- 55% responded favorably to items related to grit
- 20th %ile nationally, 30th %ile similar schools

Grades 9 - 12

- 54% responded favorably to items related to grit
- 20th %ile nationally, 30th %ile similar schools



Why might grit be lacking?

- Task/goal not viewed as important
- Perfectionism
- Lack of challenging experiences
- Too much assistance in challenging experience
- Unclear about passions



Fostering Grit



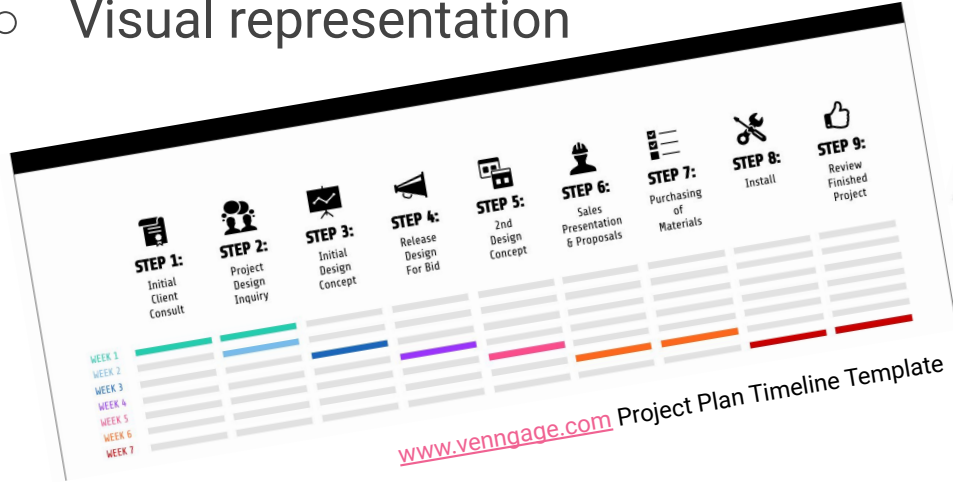
Identifying a Goal Worth the Effort

- Meaningful to them
- Tied to their passions
- Reasonable
- Progressively longer term



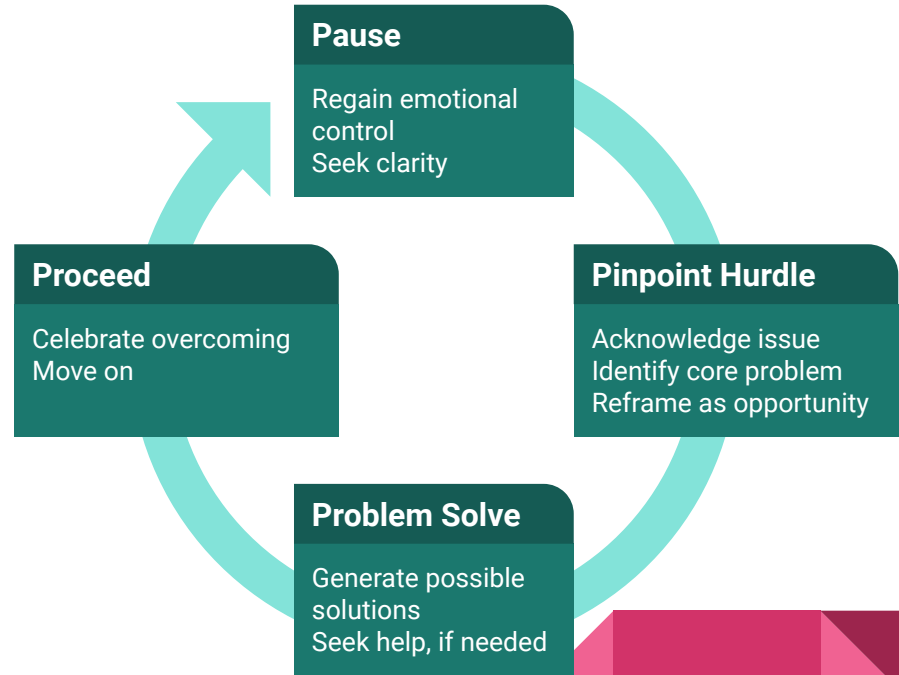
Break Large Goals/Projects into Smaller Tasks

- Be realistic
- Document it
 - Project planner
 - Visual representation



Anticipate Challenges and Plan to Overcome

- Known challenges
 - Personal limits
 - Time
 - Resources
 - Difficulty of the task/goal
 - Negative peer pressure/ stereotyping
- Unknown challenges
 - Life happens!



Identify and Utilize Supports or Resources



- Resource Types
 - People
 - Organizations
 - Information
- Asking for Help
 - Self-advocacy
 - Communicating

Track Progress and Celebrate Moments Along the Way

Find Your Chesapeake, 2020
<https://www.findyourchesapeake.com/trip-ideas/article/celebrating-the-appalachian-trails-halfway-point>



London Free Press, 2019
<https://lpress.com/travel/making-memories-five-months-on-the-appalachian-trail-an-adventure-of-a-lifetime>

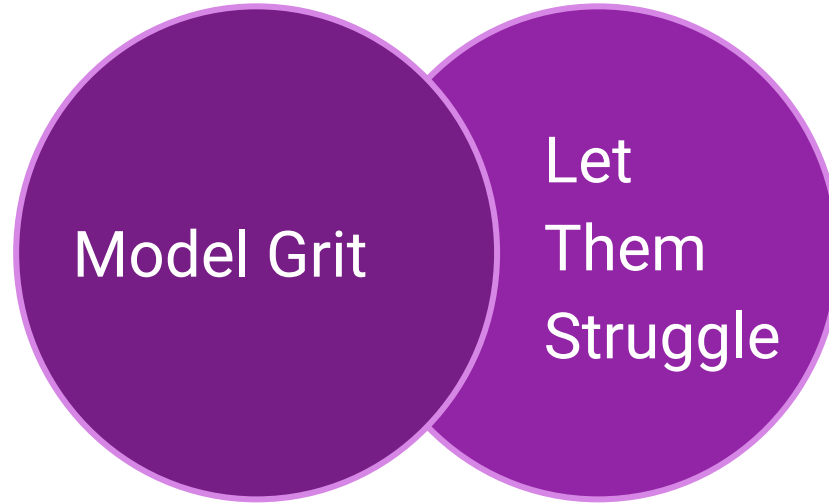


Manage Emotions and Mind Blocks

- Mindfulness exercises
- Take breaks and switch course
- Consider the absurd




Guide From the Side



Knowing When to Let Go

*Prevention Strategies for Survival vs.
Promotion Strategies for Success*

- Goals change
 - Goal hinders quality of life or brings danger
 - Supports are not enough
 - Life happens
- 

Revisiting the Definition

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