

Grit/Growth Mindset

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

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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

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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.

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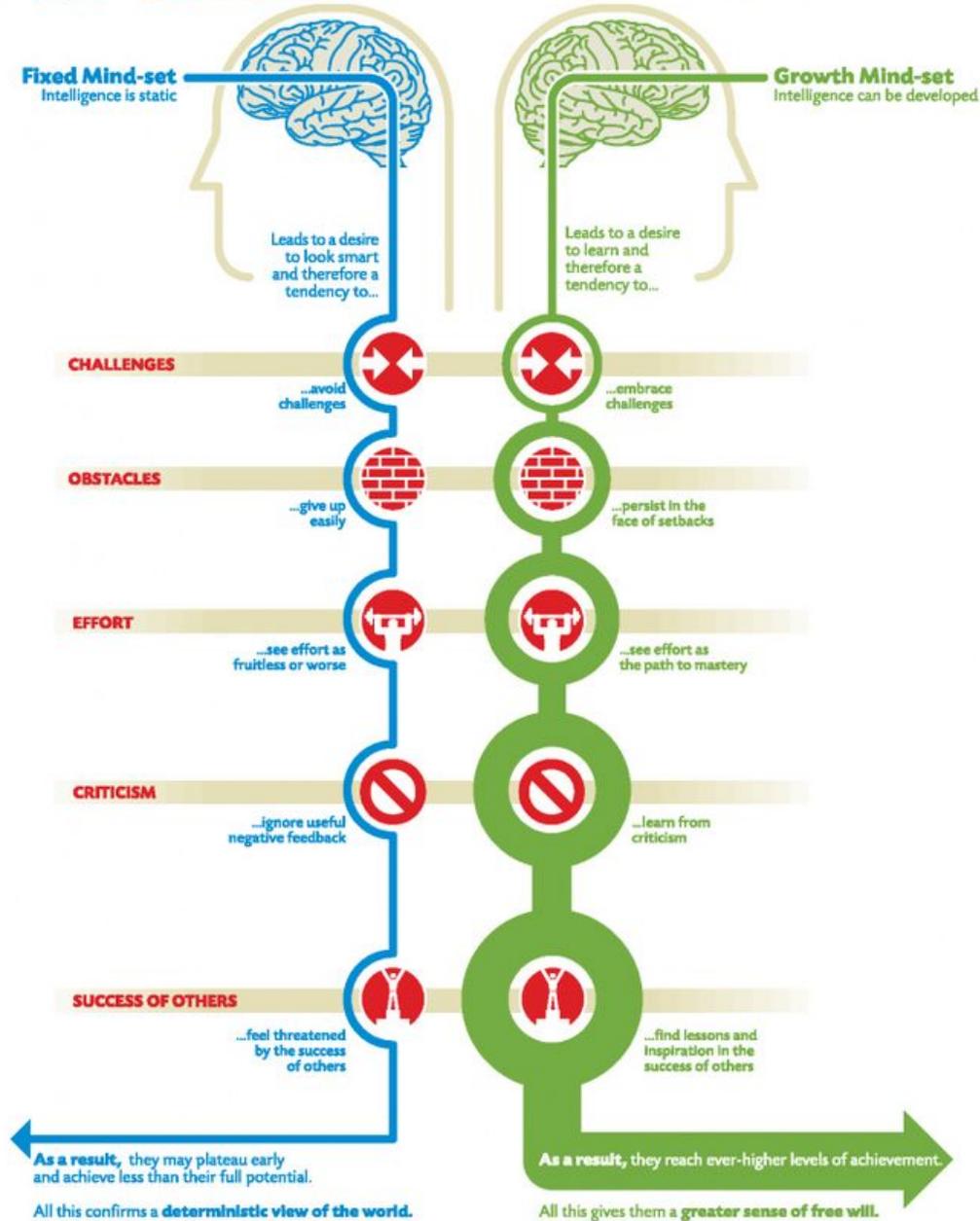
POSSIBLE WAYS TO FOSTER GRIT

- **Help People Find Their Passion.** It's much easier to overcome obstacles if you are passionate about what you are doing. It's not clear how and why a person's passion for a particular topic develops, but exposing adults and children to a variety of academic, artistic and athletic pursuits increases the likelihood that they will feel a spark in a particular area.
- **Don't Worry About Balance.** It's impossible to be outstanding at everything—there simply aren't enough hours in a day for the requisite practice. "Except for a few renaissance men and women, most people who have made important contributions to art, science and the humanities have worked long and hard in one particular area," notes Joseph Renzulli. "So I often say to parents, 'If your children are doing something that they have a strong interest in and they are excelling, don't worry whether or not they are well balanced.'"
- **Provide Criticism Lessons.** A few words of criticism, particularly when delivered in a thoughtless manner, can rapidly deflate budding enthusiasm, notes educational psychologist Jonathan Plucker. Teaching kids how to receive and give constructive criticism may allow them to reap the benefits of such comments without loss of motivation. A manager who yells at his new employee, "I asked you to straighten up the stockroom, not reorganize it—how the heck are we going to find anything?" most likely won't see much initiative from his workers in the future. A better approach: "I greatly appreciate your ambition, but I'm afraid that your new organizational system isn't fully compatible with our equipment. Let me explain some of the factors that we need to consider... "
- **Be a Model of Grittiness.** Because children imitate and learn from parental behavior, parents who demonstrate grit in their own pursuits may foster it in their kids. In addition, parents should praise kids for their effort rather than for their IQ or physical gifts.
- **Offer Challenges.** Plucker frequently asks highly successful people about the moment that made them decide that they wanted to pursue, and excel in, their chosen field. "Half of them say that someone told them, 'You can never do this. It can never be done.'" Many talented kids simply shut down under such conditions. In general, it's best to provide less extreme challenges—ones that are attainable but require some sustained effort.
- **Teach People to Handle, and Learn From, Failure.** From Abraham Lincoln to Steve Jobs, nearly every highly accomplished person has failed, lost or been rejected at some point in their lives. Especially for people in competitive fields, such as athletics, it's important "to learn early to emotionally deal with setbacks and to develop appropriate coping strategies," says sports psychologist Cliff Mallett.
- **Encourage Optimism.** At least one study from Duckworth and Seligman has found a link between grit and optimism. Such a link makes intuitive sense: It's hard to set goals and persevere without a positive sense of the future.

<http://www.psychologytoday.com/articles/200511/success-got-grit>

FIXED

GROWTH



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GETTING A GROWTH MINDSET

Does your child have a fixed or growth mindset? Need explanation-what is a fixed mindset? What is a growth mindset?

To encourage a growth mindset-whether your child succeeds or fails on a task or project-helps your child think about the strategies they used and evaluate their effectiveness, as well as the effort they put in.

For a Success

Next time your child succeeds at something, such as winning a soccer game or getting a good grade, instead of simply praising, also ask a few questions:

- Why do you think you succeeded?
- What is one thing you did that worked really well?
- What is one thing you did that you would do differently next time?
- What do you think would have happened if you didn't try as hard?

For a Failure

Next time your child has a setback or failure, instead of just showing sympathy and offering encouragement, also ask a few questions:

- What specific thing did you do that didn't work?
- Is there anything you did that worked well, even though you didn't get the outcome you wanted?
- What specific thing can you do next time to help you succeed? What would be the pluses and minuses of that approach?
- What do you think will happen next time if you practice more/study more/work harder?

How you critique and praise your child will push them toward either a growth or fixed mindset.

<http://www.goldfishsmiles.com/Home/ActivityDetail/586>