

Grit

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College Eligibility

Grades in college prep courses

SAT Scores

Essay

Resume of Activities

Recommendations

Is there room for failure when prioritizing college eligibility?

College Complaints

Student rely on their parents to revise their work

Students rely on their parents to communicate with professors and work out roommate issues with Dean

Defeated when they encounter obstacles

Have never learned to deal with failure

What is the difference between Resiliency and Grit?

Resiliency is needed for Grit

Grit

Pursuing passions in the face of obstacles

Consistent interests and focused passions over a period of time

How do we develop Grit?

Helping our kids stick with something valuable even when they feel like quitting

Pursuing Passions over time

- Sports teams
- Music lessons
- Club
- School work

Woody Allen once quipped that 80 percent of success in life is just showing up. Well, it looks like grit is one thing that determines who shows up.

Should we stick with everything?

Things of high value – yes!

Quitting Thoughts

- I'm bored
- The effort isn't worth it
- I can't do this so I might as well give up

Growth Mindset related to Grit

Focus on hard work vs. talent or smarts

Carol Dweck study

Character Growth

What character qualities or virtues are associated with Grit?

How can we encourage growth in character development?

Resiliency

Overcoming challenges

Bouncing back

Resiliency

No Pain, No Gain

Unless your child experiences disappointment, failure, or hurt he/she will not learn to be resilient

Resiliency

Resiliency does not come by avoiding all problems or hardships. This is impossible.

Resiliency comes by figuring out how to overcome problems.

Some Problems your Teenager May Encounter

Academic Endeavors

Situations: bad grade on a test, worked hard and scored lower than expected

Activities

Situations: didn't get the part in the play I wanted, didn't make the team, didn't get elected...

How do you respond?

What are you going to do about it?

What would you do different next time?

What could you learn?

HELP KIDS SOLVE their own problems

1. Show Empathy
2. When your child comes to you with a problem, stop and think what he may learn from solving this problem on his own.
3. Resist the urge to tell your child how to solve problems.
4. Resist the urge to solve it for him/her
5. However, this does not mean that you should not reinforce values such as hard work, courage, and perseverance.
6. WAIT - Waiting for your child to come up with his own solution is the hardest part
but WAIT

So...Should We Never Protect Them?

Protect their hearts, souls, and minds

Train them on what is good, true, and beautiful

Protect their character



You can't always prepare the road for your child but you can prepare your child for the road



Books on Grit and Resiliency

Grit: The Power of Passion and Perseverance, by Angela Duckworth

Mindset: The New Psychology of Success, by Carol S. Dweck

