



# AIG Focus

**Monthly Goal: I persist on tasks even when my initial efforts are not successful.**

## Growing Grit in the Gifted

How do we help our gifted children develop grit? Giftedness and grit don't necessarily come hand in hand. Grit is a key quality of successful people.

Angela Duckworth, psychologist and author of *Grit: The Power of Passion and Perseverance* says, "To be gritty is to keep putting one foot in front of the other. To be gritty is to hold fast to an interesting and purposeful goal. To be gritty is to invest day after day, year after year, in challenging practice. To be gritty is to fall down seven times, and rise eight."

Helping children find and advance their skills in their passions is key in developing grit. Children have to have something they are passionate about and a goal within that passion that is worth pursuing with all their heart and soul in order to develop grit.

Really allow your children to go all-in with their passions. Once you know

what your children's passions are, let them soar with it!

Grit is just one of many positive characteristics that successful people have. Raising resilient children with a passion can do nothing but help them along the path to achieving their dreams. Remember that your children are the ones that choose their passions and they are the ones that get to decide the goals they want to pursue. This is not about what you want for your children, but what your children want for their learning. You are supporting, not directing. Be the soft place for your child to land when things go wrong. Be the one with the encouraging word when they are facing adversity. Believe in your children and they will believe in themselves.

\*This information is from "Growing Grit in the Gifted" by Anna Chambley.

### Director's Discussion

This month, we think about what happens when the challenge is present, the struggle is real, and time may not be on our side.

There is an innate human need to be intellectually stimulated. The brain yearns to learn (perhaps not learn exactly what we want, but to learn something). So, in a school setting, where there are standards to learn along with passions to pursue, what role does grit play?

Grit is goal-based. For a child to learn grit, he/she must set goals. The goal creates the finish line. Without that finish line, it is a great challenge to know why to keep pushing. Grit is critical because it is separate from natural ability, intellect, and talent. Grit is more than simply "not giving up."

Like all traits, a person is not going to show grit in all circumstances. That is normal. It is okay to be "grittier" in some areas (likely in topics we care about) than others. Encourage those passions, the goal setting, and the behaviors that allow students to see that grit pays off.

Michael Elder, Ed.D.

Director, College and Career Readiness

## A note from your specialist...

**Here is a snapshot of what we are doing in the AIG pullout groups.**

**Chess Tryouts:** Chess tryouts will continue throughout the month of February for those who were selected from the round 1 quiz.

**4th & 5th Grade Reading:** Both 4th & 5th grade AIG Reading groups are currently preparing to participate in Arizona State University's annual March Mammal Madness tournament.

**4th Grade Math:** Students have completed several lessons of Hands-on-Equations. Hands-on-equations is a program that teaches students to solve equations with variables that represent the unknown. Students use manipulatives and then learn to transfer that to drawings and then to written equations.

**5th Grade Math:** Students have been learning to use critical thinking and collaboration to solve multi-step problems. They have

been working independently and as a team. They have been working on a variety of logic grid puzzles that rely heavily on fraction skills to be successful, as well as completing Breakout Edu challenges.

**5th-Math Counts:** The Math Counts Team is working through last year's problems to gain a better understanding of the competition layout. Students can practice by familiarizing themselves with recipes and grocery ads at home. We have seen these almost every year at the district-level competition.

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