

GRIT

STUDIES HAVE FOUND THAT PEOPLE WITH HIGH GRIT HAVE MORE SUCCESS IN SCHOOL AND A VARIETY OF WORK SETTINGS, INCLUDING BUSINESS, TEACHING, AND THE MILITARY.

FOSTERING GRIT IN HIGH SCHOOL STUDENTS

1. Duckworth, A. (2016)

HOW CAN YOU HELP YOUR TEEN GROW GRIT?

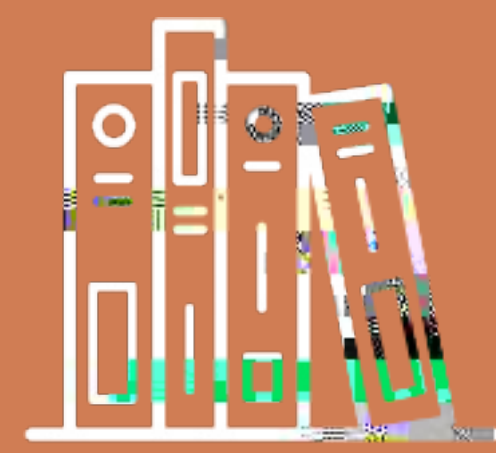
Help your teen pick their favorite interests (just a few!) and develop goals for working on each one. Discuss how skills in those areas relate to their future work, school, and family goals.

Encourage your teen to stick with an extracurricular activity for at least 1 year (even better if they stick with it for 2 years!)

HELPING YOUR TEEN DEVELOP GRIT WILL HELP THEM EXPERIENCE SUCCESS IN LIFE.

Teens can learn through stories and books.

Your teen can find and explore interests through the library at their school or the public library. They can also read about characters or research public figures who kept working towards their goals in the face of hardship.



Build skills outside the classroom.

Help your teen find something they might enjoy doing outside of class that is focused on building a skill and is guided by an adult. Make sure this activity is something that interests your child but also challenges them, like enrichments, clubs, or sports.

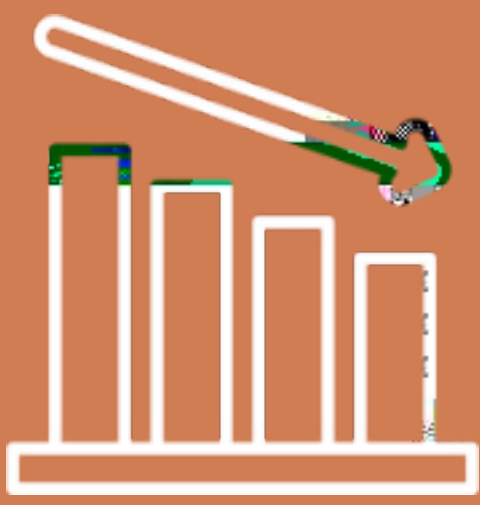
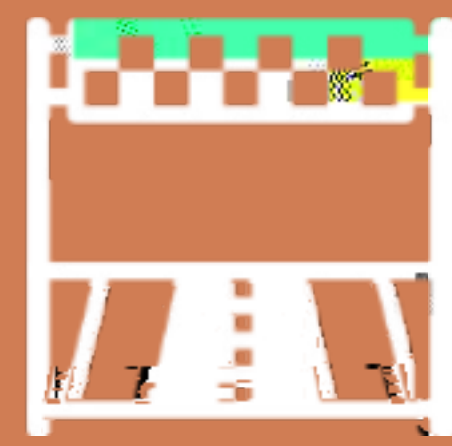
-There may be private programs for these activities, as well as free or low-cost alternatives available through your teen's school or through the city/county (for example, the Parks and Recreation department).

Grit involves a passion and perseverance for pursuing long-term goals.

It involves exploring and developing interests, planned practice, and a sense of purpose and hope when working hard towards goals.

See commitments through.

To grow grit, encourage your teen to honor their commitments (for example, trying a new sport) and see their commitments through to a natural stopping point (for example, the end of a season). Teens who participate in an extracurricular activity have better grades, higher self-esteem, and get in trouble less!



Let your teen experience setbacks.

Let your teen learn how to get through them on their own. Learning how to get through these setbacks grows grit. It's better for them to learn how to handle setbacks now vs. learning for the first time as an adult.

Grit takes time (many, many years) to grow!

The older we get, the more experiences and setbacks we've had. Getting through these setbacks helps us develop grit!

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