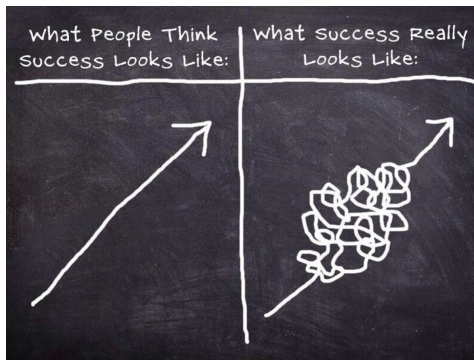


1. Introductions to Us (2-3 min) -
2. Why do you think people give up? (3-4)
 - a. Pictures
3. Grit Score (7 min) <http://www.sjdm.org/dmidi/files/Grit-8-item.pdf>
4. What is Grit? (2 min) (turn and talk or group discussion)
5. Video (7 min) <https://www.youtube.com/watch?v=H14bBuluwB8>
6. Presentation (make worksheet) (25)
 - a. Develop a Fascination (10 min)
 - i. Game
 1. Sports/Music
 2. Academics/Extracurriculars
 3. Family/Career
 4. Find what is important
 5. Ask questions that intrigue you
 - ii. Caring - Skill
 - b. Daily Improvement (5 min)
 - i. How towards your goals?
 1. Miranda - Scholarship
 2. Luke - Cross Country
 - ii. Bulletproof list
 - c. Greater Purpose
 - i. Talk about why it's important
 - ii. Ask them about generic goals
 1. Getting good grades
 2. Eating healthy
 3. Working out
 4. Going to college
 5. Having good friends
 6. Getting a good job
 - d. Growth Mindset
 - i. Miranda Drama Story
 - ii. Luke's Chem Story (only with extra time)
 - iii. Not being afraid to fail
7. 1 way each student can grow
 - a. Develop a Fascination
 - b. Daily Improvement
 - c. Greater Purpose
 - d. Growth Mindset

Topics we want to cover:



GRIT

5 Ways to Develop Or Build Grit

1. Develop focus and perseverance.
2. Embrace your time in the trenches.
3. Reward initiative and show gratitude.
4. Openly share failures and lessons learned.
5. Identify and avoid a fear-based culture.

Learned Helplessness - What is it and Steps to Overcome?

1. Give them hope.
2. Give them a visual aid.
3. Give them control.

Openness, Conscientiousness, Extroversion, Agreeableness, and Neurotic.

Whatever it takes, I want to improve

How to Grow Grit?

1. Develop a Fascination
2. Daily Improvement
3. Greater Purpose
4. Growth Mindset

Talent + Effort = Skill

Skill + Effort = Achievement

The Latest Research on Helping Students to Fail Forward

Making Emotion-Free Mistakes

Dr. Bodrova now teaches educators (and parents) to model “emotion-free mistake-making” for their students. In their experiments with pre-school academies, they train teachers to purposely make a mistake—in front of their students—and then respond without emotion, but with steady, deliberate follow through. For instance, a teacher might purposefully miscount a set of blocks. They announce, “I’ve got five blocks.” Then, they re-examine the set and say, “Oh, wait a minute. There may be more. One, two, three, four, five...six. Wow, I have six blocks. Great! I just learned that I need to point to each block I count to do it right.”

The process involves a sequence of three steps:

1. Intentional mistake.
2. Intentional low-emotion response.
3. Intentional declaration of what’s learned