

Assess Your Approach to Building Grit in Students

<p>When you see students who are quick to give up, how do you feel about them? (Circle one.)</p>	<p>I can't help them if they don't want to try.</p>	<p>I will never let them give up on themselves.</p>
<p>Think openly and honestly with yourself about the answer you chose. Why do you feel this way?</p>		
<p>Do you see grit as something students either have ingrained in them or don't have? (Circle one.)</p>	<p>Grit is ingrained.</p>	<p>Grit is teachable.</p>
<p>Think about and describe what it means to you for students to show grit in their work and studies. What does grit look like?</p>		
<p>How do you define the difference between grit and self-control?</p>		
<p>What strategies do you use to help develop grit in your students or give them a boost when grit levels drop?</p>		