



Best Practices for Unlocking GRIT

“Research Says Grit Plus Talent Equals Student Success”

Summary: Improvements in instruction, school programs, and learning environments are not enough to raise the learning of all students, especially those who are disadvantaged. Grit is a quality needed to accomplish life goals. This article discusses how to unlock the grit in students.

Practical Applications: Unlocking grit starts early, even before school. Read on to find out some things teachers can do to encourage grit development.

The authors define grit by these traits:

Goal-directedness

Motivation

Self-Control

Positive Mind Set

Self-regulation plays a key role in grit development.

How can teachers help students develop grit?

1. Start early – even 3 and 4 year olds can learn self control through structured play.
2. Teach students to achieve goals. Primary students can set goals and celebrate success.
3. Explicitly teach growth mind-sets. Students who believe they can learn, will. They will also learn to turn failures into success through self-regulation.
4. Use out of school activities to help students learn to persevere and succeed. Tap into student’s passions and interests to develop pride and belonging.

Conclusion and Citation:

Not all students will come to grit naturally. Current research supports that grit can be developed and teachers can play a hand in student success by providing opportunities to develop grit.

Goodwin, B., & Miller, K., “Research Says Grit Plus Talent Equals Student Success” *Educational Leadership*. 71.1 (September 2013) pp. 74-76 (subscription only).