

TRiO Hot Topic

Grit and a Growth Mindset: A Strategy for Success



COVID-19 has impacted our lives greatly. It's tested us physically, mentally, and emotionally. Bottom line, we have to find ways to be resilient and grow from this experience. Resilience is a skill we can develop to help us through challenging times. We can build resilience by training our minds to see challenges as opportunities to grow. Our mindset is critical. It influences your thoughts, habits, academic success, and relationships every day. We want to move to a growth mindset where a person believes that talents, skills, abilities and personality can be developed through effort, good strategies, learning from mistakes, and getting input from others. Growth mindset is a tool to reframe how we think about things. People with a growth mindset will be more likely to show positive behaviors such as:

- believing intelligence and talents can be developed
- accepting and embracing challenges
- see mistakes as learning opportunities
- seeking and listening to feedback
- sticking with difficult tasks
- practicing and using strategies to improve
- asking questions to drive learning forward
- viewing others' success as inspirational
- taking risks and trying new things

People with grit show courage, conscientiousness, perseverance, resilience, and passion in the face of hardship. Grit is having stamina to stick with it, day-in-day out, not just for a week or a month, but for years and working hard for the future. Developing a grit and growth mindset can lead to a successful life. Here are three techniques to help you develop a growth mindset and grit.

1. Practice positive self-talk (saying "I can do better.")
2. Use imagery (imagine yourself doing something better)
3. If-then planning (for example, "If I start to doubt myself, then I will remind myself that I have the skills!")

View these videos to learn more about Growth mindset and Grit

John Legend: Success through effort <https://youtu.be/LUtcigWSBsw>

Grit https://youtu.be/m7M5_cu1Erc