

# Finding Your Grit Transcript

Chapman Learning Commons

## Intro

Have you ever done poorly on a test? Even though you tried really hard?  
Have you ever struggled to learn a difficult concept no matter how much effort you put in?  
In these situations, you might be tempted to just give up.

## What is Grit?

That's when something called grit comes in.  
Grit contributes significantly to achieving our goals, it can improve the performance of students, the influence of the probability of them graduating, and increase achievement in the workforce.

## Defining Grit

So, what exactly is grit? A widely used definition is that it's a combination of perseverance and passion for long term goals. It is about consistently pursuing an ultimate concern, a goal that you deeply value and will continue fighting for even if there are obstacles and failures. For example, let's say your goal is to become a psychiatrist in Canada. To achieve this goal, you will have to complete four years of undergraduate education, 4 years of medical school training, and 5 years of psychiatric residency training. Without grit, you might be inclined to give up along the way. Grit can have some amazing benefits and is a really important skill in life.

## Developing Grit

So, how do you develop grit? How do you become grittier? Well, there are a number of things you can do.

## Long-Term Vision + Short-Term Goals

Firstly, it is important to define our long term vision and short term goals. Having a long term vision is helpful in deciding what is important, it does not always have to be career-focused like being a psychiatrist. It can also be something like running a 10K marathon. Once you have your long term vision, you can then come up with short-term goals that lead you to achieve that vision. Even if you fail at achieving some of your short-term goals, remembering your long-term vision can give you the strength to try again.

## Growth Mindset

A growth mindset can help with reaching your long-term vision. First developed by Dr. Carol Dweck, a growth mindset is the belief that we have the ability to improve and grow our skillset. It is the idea that failure is not fixed or permanent and that you can always develop your talents through effort and dedication.

For example, if you weren't able to stick to your running plan for three months, instead of thinking "I'm not good at this" try to reframe your thinking by asking "How can I become better at this?" When you don't see any progress, instead of thinking "I can't do this and I give up" try thinking "Let me try something else, or maybe I can give this another try".

### **Troubleshooting Methods and Examples**

When you are stuck, it can be helpful to brainstorm ways of solving the problem with friends, your family, your teachers or TAs. Looking at things from different perspectives may show you solutions you have missed and this can lead to an "aha" moment. It can also be helpful to remember times in the past you have overcome challenges to give you hope and confidence that you will also be able to achieve your goals this time around. For example, winning a major sports competition or studying really hard and getting into your dream school: UBC.

### **How people affect you**

Last but not least, the people around you can play a major role in influencing your beliefs and behaviors. If you surround yourself with people who are determined to achieve their goals, their actions and values can rub off on you.

### **Outro**

Thank you for watching. We hope this video is helpful. Be sure to take a look at the links and handouts below for additional resources. For more help for toolkits check out our website at [learningcommons.ubc.ca](http://learningcommons.ubc.ca) or follow us on Twitter and Instagram @ubclearn. Good luck!