

RESOURCES PROFILE: Grit, Resilience, and Positivity



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March 2018



About the Resource Center

The Resource Center for CareerTech Advancement is a division of the Oklahoma Department of Career and Technology Education, located in Stillwater, Oklahoma. The staff of the Center research educational materials and best practices to disseminate throughout the state CareerTech system. The Resource Center also provides support in identifying curriculum, assessments, professional development and other instructional delivery resources on request.

www.okcareertech.org

OVERVIEW

Perseverance has become part of the everyday language of education. The misconception that intellectual power alone can enable students to succeed in school and life is giving way to a deeper understanding that attaining long-term and higher-order goals can depend so much on how people deal with inevitable obstacles, setbacks, and challenges. This is consistent with extensive correlational research that shows, for example, that conscientiousness (“dependability and will to achieve”) is as closely tied with academic success as intellectual ability (Poropat, 2009); for adults, it is also associated with income, wealth, and life satisfaction (Duckworth et al., 2012).

--The Center for Innovative Research in CyberLearning

We tend to idealize childhood as a carefree time, but youth alone offers no shield against the emotional hurts and traumas many children face. Children can be asked to deal with problems ranging from adapting to a new classroom to bullying by classmates or even abuse at home. Add to that the uncertainties that are part of growing up, and childhood can be anything but carefree. The ability to thrive despite these challenges arises from the skills of resilience.

—American Psychological Association

Research has shown that building four key psychological resources, hope, self-efficacy, resilience and optimism (or HERO), can influence how we approach our daily work lives. These resources, which form the construct of psychological capital, can be integral in affecting our behavior. Developing them can help us to effectively meet and master challenge in the workplace.

--Marla Gottschalk, for U.S. News & World Report

Grit: The Power of Passion and Perseverance TED Talk

https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

Angela Lee Duckworth explains her theory of “grit” as a predictor of success.

Academic Tenacity: Mindsets and Skills that Promote Long-Term Learning

<https://ed.stanford.edu/sites/default/files/manual/dweck-walton-cohen-2014.pdf>

In this resource from the Bill & Melinda Gates foundation, the authors address academic tenacity, interventions that improve academic achievement by developing tenacity, and how teachers and schools foster academic tenacity.

College and Career Competency: Perseverance/Grit

<http://researchcollaboration.org/uploads/TeacherGuide-Perseverance.pdf>

This brief teacher guide identifies related research, assessments, and instructional practices relating to perseverance/grit. The teacher guide is a resource that is part of the College & Career Competency Framework at <http://cccframework.org/>. The Framework, developed by Drs. Gaumer Erickson and Noonan, “supports educators in systematically embedding intrapersonal, interpersonal, and cognitive competencies into course content. In this way, educators support students to develop into career-equipped, lifelong learners who are socially and emotionally engaged.”

Can Grit Be Taught?

<http://www.friscoisd.org/docs/default-source/guidance-and-counseling/tips-for-developing-grit.pdf?sfvrsn=2>

This resource lists 11 ways to help your child acquire grit. Includes links to additional resources.

Randy Pausch Last Lecture

https://www.youtube.com/watch?v=ji5_MqicxSo

In this video, Carnegie Mellon Professor Randy Pausch (Oct. 23, 1960 - July 25, 2008) gave his last lecture in which he talked about his lessons learned and gave advice to students on how to achieve their own career and personal goals.

Practices Implemented by Rural High Schools that Produce College and Career Ready Graduates

<http://researchcollaboration.org/uploads/StateNeutralRuralPSOReport091814.pdf>

A report developed by the Research Collaboration at the University of Kansas, Center for Research on Learning

Persistence in Education

<http://circlcenter.org/persistence-in-education/>

This title from The Center for Innovative Research in CyberLearning is one of a series of primers or brief summaries of key topics in the field of cyberlearning. Each primer aims to build capacity in the field. The primer includes an overview, lessons, issues, projects, resources, and readings.

Resilience Guide for Parents & Teachers

<http://www.apa.org/helpcenter/resilience.aspx>

This online guide from the American Psychological Association addresses these topics relating to resiliency:

- 10 Tips for building resilience in children and teens
- Resilience and pre-school children
- Resilience and elementary school children
- Resilience and middle school children
- Resilience and high-schoolers

Building resilience in children: a practice guide

<https://www.beyondblue.org.au/who-does-it-affect/children/building-resilience-in-children-aged-0-12>

This free downloadable guide from the Children’s Resilience Research Project (Australia) was created “for practitioners working across a broad range of settings including early childhood education and care settings, primary schools, welfare and community-based health and mental health settings.”

Resiliency Guidebook

<http://www.reachinginreachingout.com/resources-guidebook.htm>

This free resource is from Reaching IN...Reaching OUT (RIRO), an evidence-based skills training program for professionals designed to promote resilience in young children. The contents include the following topics:

- Guide 1: Resilience—a brief overview
- Guide 2: Critical abilities associated with resilience
- Guide 3: Understanding our response to stress and adversity
- Guide 4: Thinking styles that affect our resilience
- Guide 5: Thinking traps
- Guide 6: Challenging our thinking promotes resilience
- Guide 7: “Iceberg beliefs”—underlying beliefs that can undermine our resilience
- Guide 8: The importance of relationships and role modelling
- Guide 9: Helping children develop resilient thinking styles
- Guide 10: The CAR model—using Thought-Feeling Connections with children
- Guide 11: Helping young children express and challenge their thoughts

Cultivating Resiliency: A Guide for Parents and School Personnel

<http://www.owenandmzee.com/omweb/PDF/parentsguide.pdf>

This guide was created by staff of the New York University Child Study Center to help parents and teachers better understand the importance of resiliency in children, and has been developed with tools that will help foster resilience. The guide presents ways to use the book *Owen & Mzee: The True Story of a Remarkable Friendship*, written by Isabella Hatkoff, Craig Hatkoff, and Dr. Paula Kahumbu, to help nurture resiliency in children. (A video documentary can be viewed at [http://www.owenandmzee.com/omweb/.](http://www.owenandmzee.com/omweb/))

Resiliency Guide

<http://sdbjrfoundation.org/wp-content/uploads/2016/03/ResiliencyGuide.pdf>

This brief guide from the S. D. Bechtel, Jr. Foundation is meant to assist organizations succeed over the long term (after grant funding ceases). As stated in the document, the “Guide begins with a one-page checklist of factors that contribute to organizational resiliency. This checklist can inform conversations and illuminate areas of strength as well as areas that may benefit from additional attention. As a tool for grant-makers, it can help deepen thinking about where, when, and how to invest in capacity building.” In addition, “conversations with grantees about the dimensions of resiliency can help their organizations prepare for eventual independence from grant funding.”

“How Some Colleges are Building Student Resilience and Grit”

<https://www.academicimpressions.com/building-student-resilience-grit/>

Examples of resilience-building initiatives, from Academic Impressions

Resilience: The Biology of Stress & The Science of Hope

<https://kpjrfilms.co/resilience/>

This documentary reveals how toxic stress can trigger hormones that affect the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. It also “chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose.”

“The Limits of Grit”

<https://www.newyorker.com/culture/culture-desk/the-limits-of-grit>

This *New Yorker* magazine feature by David Denby questions the focus on grit as a determining factor in success absent the impact of other factors.

On Resilience

<http://onresilience.com/2014/09/08/resilience-and-grit/>

A blog that focuses on helping people become more resilient, by Dr. Charles Sheridan, Professor Emeritus at the University of Missouri-Kansas City (UMKC), and Deborah Sheridan, psychologist.

“From adversity to buoyancy”

<https://thepsychologist.bps.org.uk/volume-28/september-2015/adversity-buoyancy>

Discussion of non-cognitive skills interventions and ways to promote academic buoyancy, in an article in The Psychologist, a publication of the British Psychological Society

“Ten concerns about the ‘let’s teach them grit’ fad”

<https://www.washingtonpost.com/news/answer-sheet/wp/2014/04/08/ten-concerns-about-the-lets-teach-them-grit-fad/>

A post by Valerie Strauss of The Answer Sheet blog

Positivity Works

<https://alis.alberta.ca/tools-and-resources/content/products/positivity-works/>

This free download, from Alberta (Canada) Community and Social Services, walks you through activities to build your positive attitudes and beliefs and help you succeed at work, in your learning and personal life. Contents include:

- How beliefs affect you
- How attitudes affect you
- Benefits of being positive
- Communication
- Stress management
- Change resilience
- Career self-reliance
- Work values
- Getting and keeping the work you want
- Your career goals
- Learning opportunities
- Learning beliefs and attitudes
- Your learning goals
- Respect
- Your relationship goals
- Your positive goals

The Positivity Project

<https://posproject.org/>

A project to empower teachers to master the language and concepts for 24 character strengths and equipping them with resources to drive success in classrooms and schools.

“6 Ways to Build a More Positive Workplace”

<https://money.usnews.com/money/blogs/outside-voices-careers/2013/04/29/6-ways-to-build-a-more-positive-workplace>

A blog post from Marla Gottschalk for *U.S. News & World Report*

“The Neurochemistry of Positive Conversations”

<https://hbr.org/2014/06/the-neurochemistry-of-positive-conversations>

A feature from *Harvard Business Review* by Judith E. Glaser and Richard D. Glaser.

100 Positive Thinking Exercises

http://www.rncentral.com/nursing-library/careplans/100_positive_thinking_exercises_to_incorporate_into_your_life/

A compilation from the website RN Central

Leading in Trying Times

<http://positiveorgs.bus.umich.edu/leading-in-trying-times/>

Ideas and resources from the Center for Positive Organizations at the University of Michigan

Mindfulness: A Guide for Teachers

http://www.contemplativemind.org/Mindfulness-A_Teachers_Guide.pdf

This brief document by Dr. Amy Saltzman “provides a working definition of mindfulness, an overview of the scientific rationale for offering mindfulness to children and adolescents, a review of the professional and personal benefits of practicing mindfulness, specific suggestions for developing your own mindfulness practice (which is a prerequisite to sharing mindfulness with your students), and two examples of practices you can use in your classroom.”

Therapist Aid worksheets

<https://www.therapistaid.com/therapy-worksheets/positive-psychology/none>

Therapy worksheets related to positive psychology