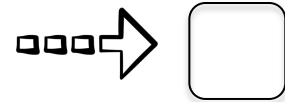


# GRIT Questionnaire

*Directions for taking the Grit Scale: Here are a number of statements that may or may not apply to you. For the most accurate score, when responding, think of how you compare to most people -- not just the people you know well, but most people in the world. There are no right or wrong answers, so just answer honestly!*

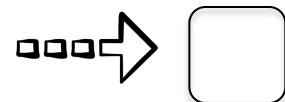
## 1. I have overcome setbacks to conquer an important challenge.

1. Very much like me - 5
2. Mostly like me - 4
3. Somewhat like me - 3
4. Not much like me - 2
5. Not like me at all - 1

A response scale consisting of four small squares followed by an arrow pointing to the right, and a large empty square box for the score.

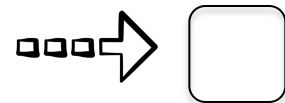
## 2. New ideas and projects sometimes distract me from previous ones.\*

1. Very much like me - 1
2. Mostly like me - 2
3. Somewhat like me - 3
4. Not much like me - 4
5. Not like me at all - 5

A response scale consisting of four small squares followed by an arrow pointing to the right, and a large empty square box for the score.

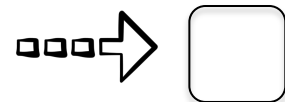
## 3. My interests change from year to year.\*

1. Very much like me - 1
2. Mostly like me - 2
3. Somewhat like me - 3
4. Not much like me - 4
5. Not like me at all - 5

A response scale consisting of four small squares followed by an arrow pointing to the right, and a large empty square box for the score.

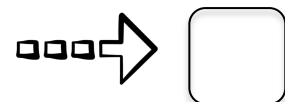
## 4. Setbacks don't discourage me.

1. Very much like me - 5
2. Mostly like me - 4
3. Somewhat like me - 3
4. Not much like me - 2
5. Not like me at all - 1

A response scale consisting of four small squares followed by an arrow pointing to the right, and a large empty square box for the score.

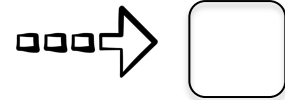
## 5. I have been obsessed with a certain idea or project for a short time but later lost interest.\*

1. Very much like me - 1
2. Mostly like me - 2
3. Somewhat like me - 3
4. Not much like me - 4
5. Not like me at all - 5

A response scale consisting of four small squares followed by an arrow pointing to the right, and a large empty square box for the score.

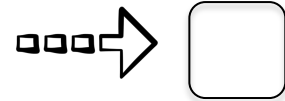
**6. I am a hard worker.**

1. Very much like me - 5
2. Mostly like me - 4
3. Somewhat like me - 3
4. Not much like me - 2
5. Not like me at all - 1



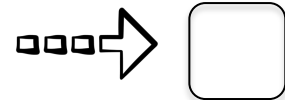
**7. I often set a goal but later choose to pursue a different one.\***

1. Very much like me - 1
2. Mostly like me - 2
3. Somewhat like me - 3
4. Not much like me - 4
5. Not like me at all - 5



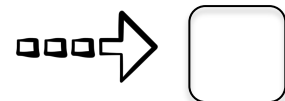
**8. I have difficulty maintaining my focus on projects that take more than a few months to complete.\***

1. Very much like me - 1
2. Mostly like me - 2
3. Somewhat like me - 3
4. Not much like me - 4
5. Not like me at all - 5



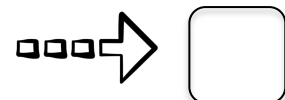
**9. I finish whatever I begin.**

1. Very much like me - 5
2. Mostly like me - 4
3. Somewhat like me - 3
4. Not much like me - 2
5. Not like me at all - 1



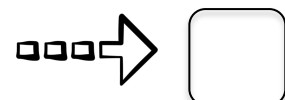
**10. I have achieved a goal that took years of work.**

1. Very much like me - 5
2. Mostly like me - 4
3. Somewhat like me - 3
4. Not much like me - 2
5. Not like me at all - 1



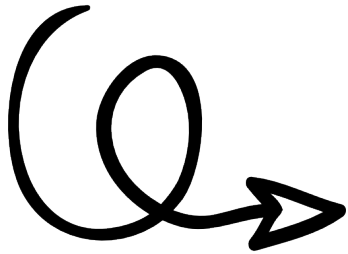
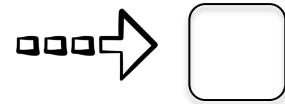
**11. I become interested in new pursuits every few months.\***

- Very much like me - 1
- Mostly like me - 2
- Somewhat like me - 3
- Not much like me - 4
- Not like me at all - 5



**12. I am diligent.**

- Very much like me - 5
- Mostly like me - 4
- Somewhat like me - 3
- Not much like me - 2
- Not like me at all - 1



**My GRIT Score: \_\_\_\_\_**

**Scoring:**

1. For questions 1, 4, 6, 9, 10 and 12 assign the following points:

- 5 = Very much like me
- 4 = Mostly like me
- 3 = Somewhat like me
- 2 = Not much like me
- 1 = Not like me at all

2. For questions 2, 3, 5, 7, 8 and 11 assign the following points: (the ones with a \*)

- 1 = Very much like me
- 2 = Mostly like me
- 3 = Somewhat like me
- 4 = Not much like me
- 5 = Not like me at all

**Add up all the points and divide by 12. The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty).**



# Ways to Develop a Growth Mindset

- **Acknowledge and embrace imperfections.** Hiding from your weaknesses means you'll never overcome them.
- **View challenges as opportunities.** Having a growth mindset means relishing opportunities for self-improvement. Learn more about how to fail well.
- **Try different learning tactics:** There's no one-size-fits-all model for learning. What works for one person may not work for you. Learn about learning strategies.
- **Follow the research on brain plasticity:** The brain isn't fixed; the mind shouldn't be either.
- **Replace the word "failing" with the word "learning."** When you make a mistake or fall short of a goal, you haven't failed; you've learned.
- **Stop seeking approval.** When you prioritise approval over learning, you sacrifice your own potential for growth.
- **Value the process over the end result.** Intelligent people enjoy the learning process, and don't mind when it continues beyond an expected time frame.
- **Cultivate a sense of purpose.** Research shows that students with a growth mindset have a greater sense of purpose. Keep the big picture in mind.
- **Celebrate growth with others.** If you truly appreciate growth, you'll want to share your progress with others.
- **Emphasise growth over speed.** Learning fast isn't the same as learning well, and learning well sometimes requires allowing time for mistakes.
- **Redefine "genius."** The myth's been busted: genius requires hard work, not talent alone.
- **See criticism as positive.** You don't have to use the clichéd term, "constructive criticism," but you do have to believe in the concept. Criticism is information for growth.
- **Disassociate improvement from failure.** Stop assuming that "room for improvement" translates into failure. It's improvement!
- **Create regular opportunities for reflection.** Reflect on your learning at least once a day. How am I doing? Do I understand the task?
- **See learning as "brain training."** The brain is like a muscle that needs to be worked out, just like the body.
- **Cultivate GRIT.** Students with that extra bit of determination will be more likely to seek approval from themselves rather than others.
- **Use the word "yet."** You have not learned how to do something "yet" This is the perspective to take to help with motivation and persistence.
- **Learn from other people's mistakes.** It's not always wise to compare yourself to others, but it is important to realise that humans share the same weaknesses.
- **Make a new goal for every goal accomplished.** You'll never be done learning. Just because your midterm exam is over doesn't mean you should stop being interested in a subject. Growth-minded people know how to constantly create new goals to keep themselves stimulated.

- **Take risks in the company of others.** Stop trying to save face all the time and just let yourself goof up now and then. It will make it easier to take risks in the future
- **Think realistically about time and effort.** It takes time to learn. Don't expect to master every topic under in one sitting.
- **Take ownership over your attitude.** Once you develop a growth mindset, own it. Acknowledge yourself as someone who possesses a growth mentality and be proud to let it guide you throughout your educational career.

Do  
ONE THING  
THAT  
SCARES YOU  
every day.

ELEANOR ROOSEVELT