



“Grit is sticking with your future day in, day out and not just for the week, not just for the month, but for years.”

- Dr. Angela Lee Duckworth, Christopher H. Browne Distinguished Professor of Psychology at the University of Pennsylvania & author of *Grit: The Power of Passion and Perseverance*

"When I decided to come to Purdue, these lights didn't exist. A lot didn't exist. I came here to help rebuild a broken program. It's been rebuilt. If there's one thing being a Boilermaker has taught me, it's how to deal with adversity. Tough times don't last, tough people do."

– Markus Bailey, Senior Captain, Purdue Football

“Successful people aren't born successful. Behind it all there is hard work, persistence and a lot of grit.”

- Arshad Wahedna, businessman, & philanthropist

GRIT - Life is full of ups and downs. Learn strategies to tap into your inner fortitude to overcome challenges and become your best Boilermaker with steps to resolve and character.

RELATED RESEARCH

- Other than talent and opportunity, grit has been shown to be an important determinant of learning and success.
 - Duckworth, A. (2016). *Grit: The power of passion and perseverance*. New York, NY: Scribner.
 - Duckworth, A., & Gross, J. J. (2014). Self-Control and Grit: Related but Separable Determinants of Success. *Current Directions in Psychological Science*, 23(5), 319–325. <https://doi.org/10.1177/0963721414541462>
- Grit is not merely an attribute of an individual but can be cultivated through community effort. First-generation college engineering students who had a greater sense of engineering identity and belongingness also predicted higher levels of grit.
 - Verdín, Dina; Godwin, Allison; Kirn, Adam; Benson, Lisa; and Potvin, Geoff, "Understanding How Engineering Identity and Belongingness Predict Grit for First-Generation College Students" (2018). School of Engineering Education Graduate Student Series. Paper 75. <https://docs.lib.purdue.edu/enegs/75>
- Higher education institutions can potentially promote resilience in at-risk students and improve retention and graduation by promoting self-efficacy, self-awareness of strengths and weaknesses and encourage help-seeking.
 - Morales, E. E. (2014). Learning from success: How original research on academic resilience informs what college faculty can do to increase the retention of low socioeconomic status students. *International Journal of Higher Education*, 3(3), 92-102. <https://eric.ed.gov/?id=EJ1067580>

INTEGRATION TIPS

- Self-guided survey and reflection exercise that helps students understand where they should be looking for support is available on the S2L website.
<https://www.purdue.edu/stepstoleaps>
- Inspire students with the personal stories of other Boilermakers exhibiting grit.
<https://www.purdue.edu/stepstoleaps/learning-modules/videos/index.php>
- Encourage communities of grit where we help each other persist.
- Share a story from your past of a time you struggled or failed in a significant moment in your life and how you moved forward and found success.

SOME OTHER CAMPUS RESOURCES

- The Success Project: the first national, comprehensive study of the role of non-cognitive and affective factors- including personality, grit, identity, and many others- in student performance in computing and engineering curricula. Students can join and follow their research: <https://www.purdue.edu/success-project/>
- Global, Research, Industry, Teamwork and More (G.R.I.T.): projects primarily in engineering that focus on skills obtained outside of the classroom
<https://engineering.purdue.edu/Engr/Academics/Undergraduate/grit>

WHAT'S NEXT

- Some resources have been included in this document as examples for the Steps to Leaps Grit Pillar. We encourage you to identify programs you or your department provide for students that can be associated with the pillar. Opportunities will be provided to brand your programs with Steps to Leaps, as appropriate. If you have ideas for ways you can connect with Steps to Leaps, email stepstoleaps@purdue.edu.
- Attend the Steps to Leaps Grit Lunch & Learn for Faculty and Staff
 - Monday, December 2nd, Noon - 1:00 p.m., Krach Leadership Center, Room 230
- Students will take a primary role in advancing Steps to Leaps. As you are made aware of students interested in being part of this initiative, please have them look out for a call out later this semester.