

## Get Grit (Part 2)

(A) Angela Lee

Duckworth studies grit. How can we get more grit?!

Interestingly, Angela says,

"The honest answer is, I don't know." This is Angela speaking



as a scientist. She is being careful. She is saying that she needs to learn more.

But she does know that grit is not talent. In fact, grit can win over talent. Besides, there are ways to get grit. One source of grit is a way of thinking. It is called a "growth mindset," an idea from Carol Dweck at Stanford University.

People with growth mindsets know they can change their abilities. They know they can change their talents. They even know they can change their IQ's.

What does a growth mindset tell us? If we fail, the growth mindset says, "Don't give up! You can get better! You can do it!" People with growth mindsets keep trying and trying. That's true grit.

What's the opposite of a growth mindset? It is a fixed mindset. Some people have fixed mindsets. They believe that their talents and abilities are fixed at birth.

(B) If we fail, the fixed mindset says, "See, you don't have the ability! You should just give up!" People with fixed mindsets are more likely to give up when things get difficult. They lack grit.

The fixed mindset is a liar because we CAN grow. We CAN change our abilities and brains. We CAN improve our talents. We CAN increase our IQ's. But the change takes work. And this brings us back to grit.

Angela says the "growth mindset is a great idea for building grit." But she also says that we need to learn more. And that is why she continues to study grit and self-control.

Grit is the powerful ability to keep going. It's the power to keep interested in long-term goals. And self-control is the ability to control our feelings and thoughts. We can control our emotions so that we can work on our important goals.

Angela Lee Duckworth has a lot of work to do! But one thing is certain. She will not give up. She will keep on going and find more answers. She will continue to work with grit!

### PAIRED READING FOR FLUENCY

**When we practice fluency, we use language that we already know.**

1. In pairs, Partner A reads out loud from "A" for 60 seconds. Partner B listens.
2. When you hear the alarm, stop reading. Mark the place where you stop!
3. Partner A, repeat steps 1-2. How many MORE words did you read the second time? Answer: \_\_\_\_.
4. Partner B do steps 1-3.

### WORD FOCUS: LIST NEW OR HARD WORDS

Grit  
Growth Mindset  
Fixed Mindset  
Self-Control