

Growing In Grit Lesson 1: Why does grit matter?

What would you say was the most important factor for your success as a student before taking this class?

How would you describe a “gritty” student right now before we get into the specifics?

When have you seen yourself be really successful (in school or anywhere else)?

What were the two or three main things that led to your success?



Growing In Grit Lesson 2: What do we mean by “grit”?

Describe grit in your own words.

Based on this conversation, what do you think the main difference between students with grit and those without it?

Which is more important -- not failing, or learning from your failure?

Why do you think failure isn't a bad thing for gritty people?

How do you normally think about failure?

When was the last time you failed? What did you learn?



Growing In Grit Lesson 3: How can I grow “grittier?”

How gritty would you say that you are right now on a scale of 1 to 10?

Are you willing to grow in this area if it were to lead to your long-term success?

When was the last time you were disappointed in not reaching a goal you set?

If you can't remember being disappointed or missing a goal, what do you think that might be saying about your grittiness?

What do you think the impact would be of becoming 10% more gritty on your grades?



Growing In Grit Lesson 4: What doesn't improve grittiness?

What are the factors Skylar mentioned as not being connected to your grit and success?

Describe the relationship of talent to grit in your own words.

Would you say you are more talented or more gritty? Why?

Why do you think that growing in grit even if you are really talented is still important?

What would it do for you if you choose to focus on grittiness over talent?



Growing In Grit Lesson 5: What can improve grittiness?

Describe a growth mindset in your own words.

Do you believe that no matter the level of success you've had so far, you can grow into greater levels of success?

What do you think is the highest ceiling on your success?

What needs to change in your mindset to make you more gritty?



Growing In Grit Lesson 6: Growth in Grit Habits -- Part 1

What was the first habit Skylar encouraged you to do?

Why is it important to study five days, even when you may not have homework due?

How do you think studying 5 days per week could impact your academics?

What will be the biggest thing keeping you from adopting this habit?
Why?



Growing In Grit Lesson 7: Growth in Grit Habits -- Part 2

What is the habit from this video that Skylar suggested you should try?

Why do you think it's so important to schedule your study time?

What does "writing it makes it real" mean for your study skills?

How might this principle impact other areas of your life?



Growing In Grit Lesson 8: Growth in Grit Habits -- Part 3

What does “figure it out on your own” mean to you?

Why do you think this is so important when you are trying to grow in grit?

How often do you push through difficulties to figure it out on your own?

What is the impact of becoming a person who figures difficulties out?

How do you think this will serve you in the future, especially considering life is a marathon, not a sprint?



Growing In Grit Lesson 9: Growth in Grit Habits -- Part 4

What was the final habit Skylar mentioned in this video?

Why are sports a helpful analogy for considering grittiness?

How will this habit change your success long-term?

Are you willing to put in the effort and choose to never give up?

What will be the biggest challenge that keeps you from following through with this habit?

Of all of the habits discussed, which will make the biggest difference in your academics?

