

GRIT CONCEPTS



GROWTH

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point.¹

RESILIENCE

The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.²



INITIATIVE

A personal quality that shows a willingness to get things done and take responsibility. An initiative is the start of something, with the hope that it will continue.³

TENACITY

Extremely persistent in adhering to or doing something; stubborn or relentless.⁴



1) Dweck, C. (2015) Carol Dweck Revisits the 'Growth Mindset'. Education Week. 2) <https://www.apa.org/topics/resilience>. 3) <https://www.vocabulary.com/dictionary/initiative> 4) <https://www.thefreedictionary.com/tenacity>
GRIT acronym retrieved from: <https://www.abbreviations.com/GRIT>