

GRIT STRATEGY: **CREATE A STUDY-GROUP**

Create a study-group outside of class, where students will spend more time on academics and less time socializing.

Create or join a study-group

College students that focus on other people, by valuing them and serving them tend to reflect more of the purpose of life, which connects to having broad, long-term goals, called grit.

The most influential predictor of grit was having an “others-focused purpose”.

Three meaningful ways to build grit:

- 1.) Have an “others-focused purpose”**
- 2.) Spend time doing academic activities**
- 3.) Create a success-focused purpose**



1) Saunders-Scott, D., Braley, M., & Stennes-Spidahl, N. (2018). Traditional and psychological factors associated with academic success: Investigating best predictors of college retention. *Motivation and Emotion*, 42(4), 459-465. <https://doi.org/10.1007/s11031-017-9660-4>

2) Tips retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>