

WHAT IS GRIT?



Perseverance of effort can be defined as the tendency to work hard even in the face of setbacks¹ and is a significant predictor of first-year GPA^{2,3}, whether it is self-reported or reported by a parent or guidance counselor¹. Perseverance of effort was the second most reliable predictor of year-end grades only behind self-efficacy⁴.

Consistency of interest can be defined as the means of sticking to a specific goal, for years if necessary, without changing to a new goal that might seem more attainable¹. Consistency of interest is not as strongly associated with motivation and achievement as perseverance of effort⁴.



1) Akos, P., & Kretchmar, J. (2017). Investigating grit at a non-cognitive predictor of college success. *The Review of Higher Education*, 40(2), 163-186. <https://doi.org/10.1353/rhe.2017.0000>

2) Muenks, K., Yang, J. S., & Wigfield, A. (2018). Associations between grit, motivation, and achievement in high school students. *Motivation Science*, 4(2), 158-176. <https://doi:10.1037/mot0000076>

1) 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>