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| Charlotte Delouche  10/12/2023  Title: [Grit: The power of passion and perseverance by Angela Lee Duckworth](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance/transcript) | |
| **Main ideas/Key points**  Introduction  IQ vs Performance  Motivation is key  Research on success  One predictor for success: grit  Definition of grit  Grit is key at school  How can I build grit?  “Growth mindset” by Carol Weck Stanford University  We need more than growth mindset | **Notes**  Angela left a demanding job in management consulting to teach seventh graders math in NYC public schools.  IQ was not the sole determinant of student performance. Some high IQ students performed poorly, and some average IQ students excelled.  Concluded that motivation and psychological perspective are crucial in education, not just IQ  Studied various challenging settings like West Point, National Spelling Bee, and rookie teachers to find out who succeeds and why.  Grit emerged as a significant predictor of success across different contexts.  Grit is passion and perseverance for long-term goals. It's about having stamina and sticking with your future for years.  Grittier kids were more likely to graduate, even when other factors like family income and test scores were considered.  Science knows little about building grit. Talent doesn't make you gritty; in fact, it's often inversely related to grit.  Best idea so far for building grit is the "growth mindset," the belief that the ability to learn can change with effort.  Need to be gritty about making kids grittier. The work ahead involves testing our best ideas and being willing to fail and learn. |
| **Summary**  The TED Talk emphasizes the importance of grit—passion and perseverance for long-term goals—as a key factor in educational and overall success. The speaker's research across various challenging settings revealed that grit is a significant predictor of success, more so than IQ or talent. While the concept of a "growth mindset" offers a promising avenue for building grit, much work remains to be done in this area. | |