

Measure Your G.R.I.T. Level with Dr. White's Grit Framework – Leaders Edition (Supported by ChapGPT)

In her TEDx talk “The Power of Grit,” Dr. India White discusses the importance of grit in achieving success. She defines grit as the combination of passion and perseverance and emphasizes that it is a skill that can be developed and strengthened over time.

Dr. White provides several tips for students to develop grit which can be supported in 4 categories of resilience, growth mindset, self-efficacy and time-management.

Using Dr. India White's Grit Framework, on a scale of 1-5, where:

- 5= Strongly agree
- 4= Agree
- 3= Neither agree nor disagree
- 2= Disagree
- 1= Strongly disagree

Rate your level of grit in the four categories of 1) Resilience; 2) Growth Mindset; 3) Self-Efficacy and 4) Time Management.

CATEGORY 1 : Resilience

Question 1: I am able to bounce back from setbacks.

Strongly 5 Agree	4 Agree	Neither 3 Or N/A	2 Disagree	Strongly 1 Disagree
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Question 2: I am able to handle difficult situations.

Strongly 5 Agree	4 Agree	Neither 3 Or N/A	2 Disagree	Strongly 1 Disagree
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Question 3: I am able to adapt to change.

Strongly 5 Agree	4 Agree	Neither 3 Or N/A	2 Disagree	Strongly 1 Disagree
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Question 4: I am able to stay positive in the face of adversity.

Strongly 5 Agree	4 Agree	Neither 3 Or N/A	2 Disagree	Strongly 1 Disagree
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Total Resilience Level: _____/20 points

CATEGORY 2 : Growth Mindset

Question 5: I believe that my abilities can be developed through hard work and dedication.

Strongly Agree 5 Agree 4 Neither Or N/A 3 Disagree 2 Strongly Disagree 1

Question 6: I am willing to take on challenges and learn from my mistakes.

Strongly Agree 5 Agree 4 Neither Or N/A 3 Disagree 2 Strongly Disagree 1

Question 7: I believe that failure is an opportunity to learn and grow.

Strongly Agree 5 Agree 4 Neither Or N/A 3 Disagree 2 Strongly Disagree 1

Question 8: I am open to feedback and constructive criticism.

Strongly Agree 5 Agree 4 Neither Or N/A 3 Disagree 2 Strongly Disagree 1

Total Growth Mindset Level: _____/20 points

CATEGORY 3 : Self-Efficacy

Question 9: I believe in my ability to lead and support my team.

Strongly Agree 5 Agree 4 Neither Or N/A 3 Disagree 2 Strongly Disagree 1

Question 10: I am able to take initiative and make things happen in my organization.

Strongly Agree 5 Agree 4 Neither Or N/A 3 Disagree 2 Strongly Disagree 1

Question 11: I am confident in my leadership skills and abilities.

Strongly Agree 5 Agree 4 Neither Or N/A 3 Disagree 2 Strongly Disagree 1

Question 12: I am able to overcome obstacles and challenges in my role.

Strongly Agree 5 Agree 4 Neither Or N/A 3 Disagree 2 Strongly Disagree 1

Total Self-Efficacy Level: _____/20 points

CATEGORY 4 : Time Management

Question 13: I can prioritize my tasks and manage my time effectively.

Strongly Agree

Agree

Neither Or N/A

Disagree

Strongly Disagree

Question 14: I can set goals and work towards them.

Strongly Agree

Agree

Neither Or N/A

Disagree

Strongly Disagree

Question 15: I can stay focused and avoid distractions.

Strongly Agree

Agree

Neither Or N/A

Disagree

Strongly Disagree

Question 16: I can meet deadlines and complete tasks on time.

Strongly Agree

Agree

Neither Or N/A

Disagree

Strongly Disagree

Total Time Management Level: _____ /20 points

Total GRIT Level

/ 80 Points

Post G.R.I.T. Framework Support and Recommendations (Supported /Engineered by ChapGPT)

How Dr. White's Research speaks to G.R.I.T. framework for teachers aspiring to cultivate grit in their students:

According to ChaptGPT, Dr. India White's research in her dissertation "Understanding the Persistence of Take Stock in Children Scholarship Recipients" emphasizes the importance of grit in achieving academic success, particularly for low-income students. Her research found that first-generation students who demonstrated high levels of grit were more likely to persist in their academic pursuits and achieve their goals and will eventually graduate from school.

Considering Dr. White's research, here is a summary of each category and how you can support the educational growth of your teachers through G.R.I.T.:

1. Resilience – The ability to persist in the face of challenges and setbacks.

a. Support for Administrators

- i. Encourage a culture of resilience by modeling it yourself and recognizing it in others.
- ii. Provide opportunities for professional development and training on resilience-building strategies.
- iii. Celebrate and recognize individuals and teams who demonstrate resilience in the face of challenges.
- iv. Foster a supportive and positive work environment that encourages open communication and collaboration.

1. Growth Mindset – The belief that abilities can be developed through hard work and dedication.

a. Support for Administrators

- i. Encourage a growth mindset in your teachers by promoting a culture of continuous learning and improvement on campus and beyond.
- ii. Provide opportunities for professional development and training on growth mindset strategies.
- iii. Encourage risk-taking and experimentation and celebrate failures as opportunities for growth and learning.
- iv. Foster a culture of feedback and constructive criticism and provide opportunities for teachers to reflect on their own growth and development during 1-1s, PLCs and during observations.

1. Self-Efficacy – The belief in one's ability to succeed.

a. Support for Administrators:

- i. Provide opportunities for professional development and training on leadership and self-efficacy strategies on campus and beyond.
- ii. Encourage teachers to set challenging goals with data aligned to overall school goals and provide support and resources to help them achieve those goals.
- iii. Foster a culture of empowerment and autonomy and provide opportunities for educators to take ownership of their work and make decisions.
- iv. Recognize and celebrate teachers on your campus who demonstrate self-efficacy in their work.

1. Time Management – The ability to manage time effectively and prioritize tasks.

a. Support for Administrators:

- i. Provide training and resources on time management strategies and tools.
- ii. Encourage teachers to prioritize their tasks and set realistic goals, and deadlines that will benefit their students and their professional growth.
- iii. Foster a culture of accountability and provide support and resources to help each teacher meet their deadlines and goals.
- iv. Recognize and celebrate teachers who demonstrate effective time management skills in various tasks on campus and during observations.

In conclusion, it is imperative that administrators that encourages growth, learning, and resilience. By providing opportunities for professional development and training, recognizing and celebrating teachers who demonstrate grit, and fostering a culture of feedback and collaboration, administrators can help their teams succeed through grit.

References

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- Dweck, C., 2012. *Mindset*. London: Robinson.
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