

Angela Lee Duckworth: The key to success? Grit

<https://www.google.com.tw/#q=the+key+to+success+grit+ted+talk>

Previewing questions:

1. What do you think are the most important factors for success? Why do some people are more successful than others in the things they do?
2. What does grit mean to you? Look up in the dictionary?
3. Why do you think being gritty can help people become successful?

Comprehension questions

1. Who's the speaker? Angela Lee Duckworth
2. What kinds of jobs has she had? A job in the management consulting, a seventh grade math teacher, a psychologist, a researcher
3. What did she find when she was teaching math? What struck me was that I.Q. was not the only difference between my best and my worst students.
4. What did she think about her students' abilities? She was convinced that they could all learn the material if they worked hard and long enough.
5. What did she conclude after several more years of teaching? She concluded that doing well in school and in life depends more than your IQ, your ability to learn quickly and easily, that we need a much better understanding of students and learning from a motivational perspective, from a psychological perspective.
6. What did she do after she became a psychologist? She studied kids and adults in all kinds of super challenging settings, trying to find out who is successful and why.
7. What people has she studied? West Point Military Academy, National Spelling Bee, new teachers in tough neighborhoods, who will be the most effective at help their students, private companies trying to find which salespeople will keep their jobs and earn the most money.
8. What did she find from all these studies? One characteristic emerged as a significant predictor of success: grit (passion and perseverance for very long-term goals.) Having stamina, sticking with your future for years and working really hard to make that future a reality. Grit is a marathon, not a sprint.
9. However, what shocks the speaker? How little we know about grit and how little it has been studied to help build it.
10. Do talented people tend to be grittier? No. many talented people are not gritty.
11. How does the speaker suggest that we use to develop grit? Growth mindset, an idea from a teacher at Stanford. The ability to learn is not fixed, it can change with your effort. Don't believe that failure is a permanent condition.