

Texoma Christian School



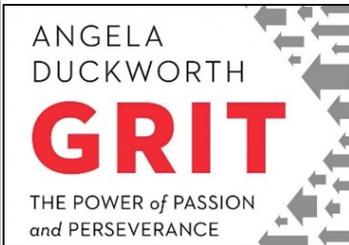
got grit?

Hebrews 12:1-2

This year the TCS theme, *got grit?*, is based on the concept of grit and the growth mindset. Last year, as a school, we introduced and implemented the growth mindset. This concept was based on research by Carol Dweck, a world renowned Stanford University psychologist. Her research identified two mindsets: a fixed mindset and a growth mindset. Dweck identified that a fixed mindset believes a person's intelligence, talents and abilities are fixed traits. A person with a growth mindset understands that intelligence, talents and abilities can be developed over time through effort and perseverance. Our students learned that their brain was a muscle that could grow when exercised through effort and practice. Our students were encouraged to work hard, make mistakes and learn from failure. Effort and hard work were emphasized for improving and achieving rather than intellect and outcome. The growth mindset aligns with our mission to help each student develop their God-given potential spiritually, intellectually and physically.



This year's theme *got grit?* is an extension of the growth mindset. Research conducted by Angela Duckworth at the University of Pennsylvania identified one characteristic that emerged as a significant predictor of success: grit. She studied cadets at West Point, contestants in the Scripps National Spelling Bee and teachers at low performing schools. Duckworth wanted to know, "What is the role of effort in a person's success?" and "Who is successful here and why?" She wanted to find out why some super smart people do not achieve their goals, while sometimes less-smart people do become high-achievers. Her research revealed that those who demonstrated grit were most successful. She defines grit as passion and perseverance for long-term goals. Grit is the quality that allows an individual to work hard and maintain focus—not just for weeks or months, but for years. Grit is having stamina and sticking with one's future, day in and day out. Grit is the ability to persevere even when situations and circumstances are hard.



To find out more about grit view Angela Duckworth's Ted Talk Video (6 min. 8 sec.) on her website <https://angeladuckworth.com/>

Although we won't find the word grit in the Bible, we do find the Bible's terms for grit are steadfastness and endurance. The Bible is filled with men and women of faith who demonstrated grit. We hope to help our students develop grit as they encounter both spiritual, intellectual and physical challenges. Our theme verse for this year is Hebrews 12:1-2. *And let us run with perseverance the race marked out for us.* Ask your students this year what they are learning about grit!

"Gritty people have a growth mindset; when bad things happen, they don't give up." ~Angela Duckworth

We need to be gritty about getting our kids grittier.
~Angela Duckworth