

Building Student Grit

No. 141 **Grades K-12**

The building of student grit is counterpart to the rigor and academic success that results of it - particularly when preparing students for college and career readiness. This e-course will focus on approaches that build perseverance, character and grit through trial and error learning, reflection on failure, building of mental stamina and strategies for self-control. The catalysts to character development that build student capacity, and ultimately the grit needed to succeed in the classroom and beyond, will take front and center.

Course Outcomes:

- Understand the theory and research behind strength and stamina building as it works into academic rigor and grit.
- Learn and practice with new strategies for facilitating student stamina and academic rigor as it builds student capacity to become independent readers, writers and thinkers.