



Scripts For Parents Teen Grit

Encouraging grit IRL:

Teen

I didn't do well on the SAT. Now I know I won't get into college. There is no point in trying.

Parent

I understand you're disappointed. Going to college has been a goal of yours for a long time. You still have control over this. Don't give up on your dream because of a few setbacks. There is another SAT in a month. Why don't you practice and talk to your teachers to see what they recommend? If you work really hard, maybe you will do better.

Teen

I really want to make the soccer team but I played badly during the tryouts today. I'll never make it on the team.

Parent

It is disappointing when you don't perform as well as you hope, but think about how much playing soccer excites you. You've had this goal for a long time and it would be a shame to walk away from it now because you didn't play well one time. You can still make the team! Why don't you talk to the coach about what you can do to improve? Then, I can take you to the field a few more times this week so you can practice more. If you work really hard, maybe you will do better.

Why?

Grit is an important character strength because it involves passion, perseverance, and goal-setting. Parents should encourage grit in their teens because it can help them reach their goals and achieve success. Parents can model grit by persevering in the face of challenges. Effort is more important than talent when it comes to grit. Often, a person who puts in an incredible amount of effort into a skill can perform just as well as someone who is naturally talented in that skill.