

Teen Grit: What Parents Should Know

#1

Having high levels of grit is important for being a resilient and strong-willed person.

- Grit is a drive made from passion and perseverance that enables people to achieve their goals. It is more about motivation and desire than natural talent.
- Continuing to pursue goals in the face of failure is a sign of grit, but it's not about effort alone. Some goals take a long time to achieve, and parents and other adults in a teen's life can help.
- Parents can model grit by pursuing their passions and rebounding from failure.
- Students with more grit are more likely to graduate and work in their intended fields.

#2

People can increase how much grit they have by focusing on four things: *interest, practice, purpose, and hope.*

- **Interest:** People with the most grit love what they do. They find a passion that drives their hard work and resilience.
- **Practice:** People with high levels of grit are willing to put in the work to improve. They don't rely on luck to achieve their goals.
- **Purpose:** Having an interest without a purpose is hard to sustain. Having a purpose, especially one that is connected to the well-being of others, is a key motivator.
- **Hope:** Hope is necessary for grit. Without hope that your work will pay off, it is nearly impossible to maintain motivation and perseverance.