SBC Journal Club – Mindset, Grit, and other Motivational Factors
Credit: Aric Mitchell
SELF CONTROL
“L, who never puts in any extra effort and often doesn’t turn in homework on time, actually stayed up late working for hours to finish an assignment early so I could review it and give him a chance to revise it. He earned a B+ on the assignment (he had been getting C’s and lower),”

“M. was [performing] far below grade level. During the past several weeks, she has voluntarily asked for extra help from me during her lunch period in order to improve her test-taking performance. Her grades drastically improved from failing to an 84 on her recent exam.”
"My favorite thing from Brainology is the neurons part where when [you] learn something there are connections and they keep growing. I always picture them when I’m in school," and "I imagine neurons making connections in my brain and I feel like I am learning something."
Identity and Self-Reliance Interventions: Inner city 8th-graders

Figure 6: 8th Graders Who Envision Their Future Self Perform Better

- Progressed to 9th grade without retention: Intervention 95.7%, Control 89.3%
- Hours spent on homework per week: Intervention 2.51, Control 1.57
- Average 9th grade GPA (4.0 scale): Intervention 1.64, Control 1.36

GOALS

1.

2.

3.
"If you have the courage to fail, then you have the courage to succeed."

Shalane Flanagan
(U.S. Olympian marathoner)

"Success is not final, failure is not fatal: it is the courage that counts."

Winston & Churchill
How can we apply this to our setting?

• Grit and mindset have been proven to improve performance across a wide variety of areas; academic achievement, marital longevity (in men), and workplace and military retention*
  • i.e., “gritty people” are successful in a broad range of areas

• Think broadly in terms of performance and motivation

• Improve the mindset/grittiness (‘tenacity’ and motivation) of staff/workers?
• Improve the quality of feedback during training?

Eskreis-Winkler, Shulman, Beal and Duckworth. *The grit effect: predicting retention in the military, the workplace, school and marriage* Frontiers in Psychology | Personality Science and Individual Differences February 2014 | Volume 5 | Article 36