

# Grit: The Power of Passion and Perseverance

*Speech by Angela Lee Duckworth*



## Speech Objective

- I.** To tell her own story on how she founded a characteristic called grit, after years of studying and testing. The speaker also explained what grit is, its purpose, and significance.
- II.** For the audience to understand that an individual's intelligence and talent isn't enough in achieving success, but also their efforts.
- III.** To introduce the best idea on how to built grit, which is called "growth mindset". She also explained what it is, how it works, and its significance.

## Summary

Angela Lee Duckworth talked about her experiences, insights, and conclusions on her studies about grit. It is defined as passion and perseverance in achieving long-term goals. Angela Duckworth argues that grit is the single most important factor in determining an individual's success. It is the key to exceptional achievement. Talent and IQ plays a role in achieving goals but grit is twice as significant.

# Audience



The people in the hall paid close attention to Duckworth hoping to learn something from her speech. Angela was speaking to the audience about the need to change the way of studying in school systems. She mentioned how an analysis that she conducted revealed many students with high IQs did not succeed. She also explained how the information on grit could help people achieve their goals in the long run. It is apparent that each student is different from the others, and in order to assist them, teachers must have a thorough understanding of their students in a unique way. Talents do not guarantee a student a better future compared to non-talented students. As a result, it is the responsibility of teachers to assist all types of students in achieving their life goals.

## Speech Content

“Grit: the power of passion and perseverance” is a 6-minute speech delivered by Angela Duckworth. Angela Lee Duckworth was once a 7<sup>th</sup> grade Math teacher but eventually stopped teaching. She then pursued her curiosity from when she was still a teacher by studying psychology, hence leading her in achieving something big.

It all started when she was struck by the idea of IQ being not the only difference between those who are smart and not, including her students. For several years, she and her team conducted tests by predicting whether a person has the stamina to learn and accomplish tasks. After conducting many tests on predicting the reason and key to success, one specific trait appeared as a significant predictor of success, which is grit. Grit is the passion and perseverance for long-term and meaningful goals. It is the ability to persist in something you feel passionate about and persevere when you face difficult things. This kind of passion is not about intense emotions or infatuation, but having the direction and commitment. When a person has this kind of passion, they tend to stay committed to a task that may be difficult or boring. It is a crucial component of success that exists independently and in addition to talent and intelligence.

She ended her remarks by introducing the best way on building grit which is called “growth mindset”. It is the belief that the ability to learn is not fixed, it can change depending on the individual’s effort. When a person has a growth mindset, they take on challenges and learn from them, therefore increasing their abilities and achievement. But growth mindset alone is simply not enough. It still requires the best ideas, strongest intuitions, and to conduct more tests in order to accomplish more. She also stated that in order to be gritty, we need to measure whether we’ve been successful and to be willing to fail, to start over again with lessons learned.



# Skills and Techniques

Her speech was one of the best speech that we, as a group have ever heard. No stuttering, no unnecessary stops and distractions, right loudness, right speed, right tone, facial expressions, and hand gestures. The speech was informative, comprehensible, motivational, and overall well-delivered. She didn't use any presentation or any kinds of visual aids. All her speeches are mesmerizing, it was like listening to a teacher who is very passionate and professional about her work.

## Bias/Prejudice

Grit, or more broadly the ability to sustain effort through difficulty, is critical to career and life success. But promoting it thoughtfully is a challenge. Persistence is a trait that can be inherited and cultivated through deliberate practice. Persistence simply means trying harder or longer, while productive persistence means employing a variety of strategies when things don't work such as looking up for information, trying different approaches, and asking for help. "It's important to allow learners to wrestle with challenges and even struggle a bit to develop grit," said Vic Vuchic. But he added "if a learner continuously struggles for too long, there could be underlying challenges that require more support like Executive Function challenges, trauma, health, emotion (anxiety) and other variabilities that impact how the individual learns that may not be a lack of "grit," but a lack of understanding how to set themselves up for success."

Educator Bettina Love also recently made a case that teaching grit to African American students without also removing the institutional barriers that stand in their way does more harm than good.

The Learner Variability Project emphasizes the significance of reducing the barrier of negative stereotype threat and identifying students who are experiencing trauma.