**CSE 310—Applied Programming**

**W09 Prove – Continuous Improvement - Grit**

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| **Name:** |  |
| **Date:** |  |
| **Teacher:** |  |

After watching the video “Grit: The Power of Passion and Perseverance”, ponder and then answer the following two questions (minimum 100 words for each question).

Question 1 – During this semester, you have been working in quick two-week sprints. In the video, the speaker talked about needing to demonstrate passion and perseverance for years like a “marathon”. How can you continue to practice when this semester ends?

Question 2 – The speaker in the video created a “Grit Scale” which can be found at: <https://angeladuckworth.com/grit-scale/>. Goto the website and take the short survey. The score “reflects how passionate and persevering you see yourself to be”. What was your score? Using what you learned from the video and the survey, what “small and simple” goal can you set for yourself to improve your Grit?