**CSE 310—Applied Programming**

**W09 Prove – Soft Skills - Grit**

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| **Date:** | 7/17/25 |
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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?

One way I think that I can continue to demonstrate passion and perseverance is to continue to learn programming since that is one thing I would like to do once I am done with college not just this semester but throughout my college career. Another thing I would like to continue to practice is to be diligent with my work both at school and at work don’t just do all the things to check a box but actually learn from and be able to grow from the experience that is there. I think that is also what having grit means is to take things that are difficult and when we are over them to learn from them and be able to accomplish the things that are needed to be able to learn and grow from them.

Question 2 – The speaker in the video created a “Grit Scale” which can be found at: <https://angeladuckworth.com/grit-scale/>. Go to 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?

My grit score was 3.8 which says I scored higher than about 50% of american adults in a recent study. I think one goal that I can set for myself is to continue to learn and grow in the things I am interested in or in my job since I work in IT it is constantly changing and needing to be re worked or worked around so continuing to learn the systems and how to fix the issues that arise is one way I can continue to improve my grit. Another way is when I have some down time to continue to learn programming or sharpen my skills by doing new projects or making some old projects better as I learn more programming skills.