

Learning Activity 11.1 Developing GRIT

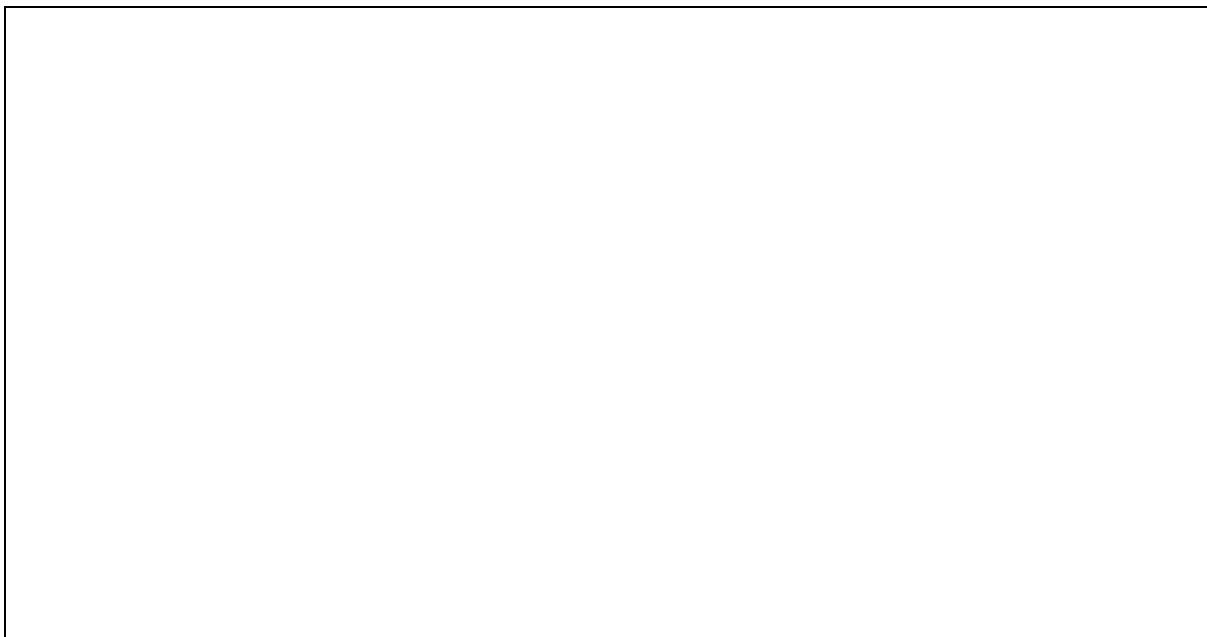
First, choose an area that you would like to develop using the GRIT strategies. For example, you might want to develop your reading comprehension, or your ability to write clearly.

Work to develop a fascination. How can you make this activity more interesting or enjoyable? What is one way to deepen your fascination with this area over the next week? You could follow some social media influencers, or discuss your ideas with others.

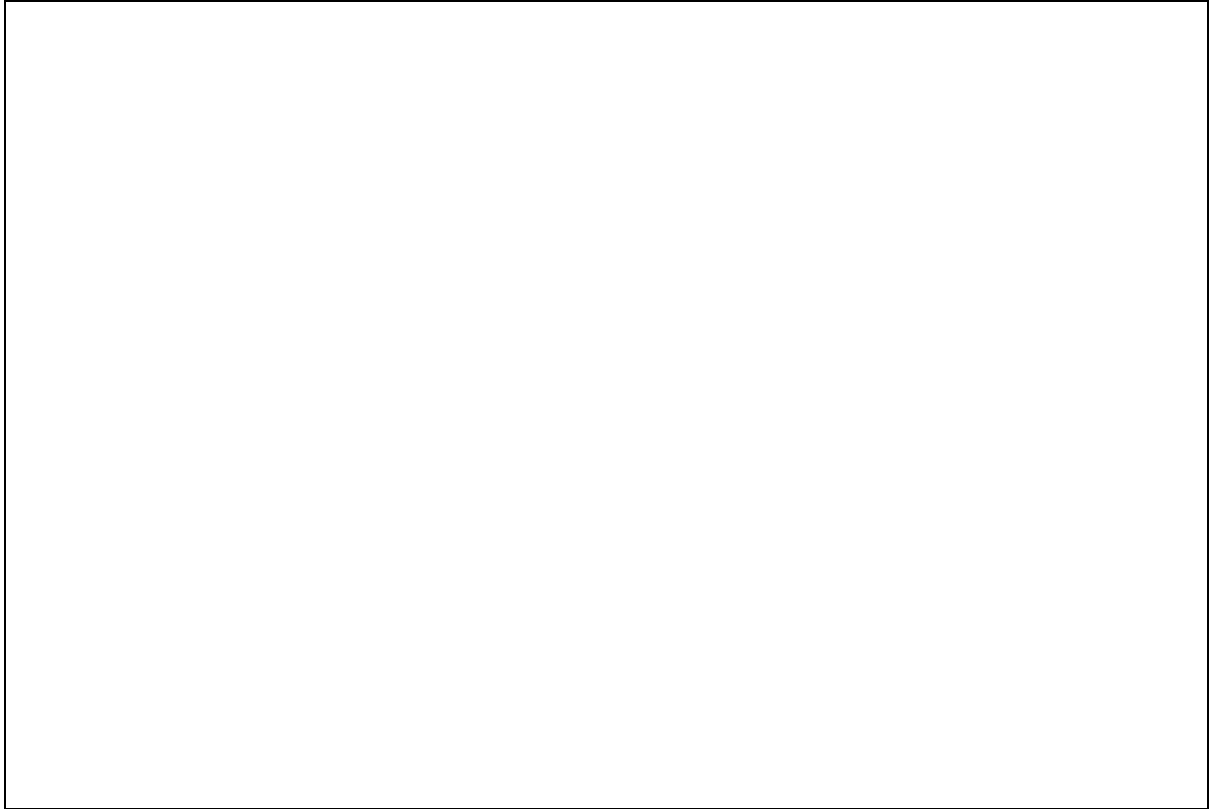
Move towards making daily improvements. For example, aim to write or read a small amount each day, recording a reflection on your development. What measure are you going to use to record your progress?



Try to focus on the greater purpose of your goal. Think about how your chosen goal might enhance your ability to engage in university and improve your studies. What long-term goal or purpose motivates you in this area? How can keeping this purpose in mind help you push through challenges?



Develop a growth mindset. How can you reframe the challenges in your area of development as opportunities to grow? What is one mindset shift you can employ this week?



After one week, reflect on your progress. Which strategy helped you the most? How has your perseverance improved? What will you change moving forward?

