About the Speaker

At the University of Pennsylvania, Angela Lee Duckworth studies intangible concepts such as self-control and grit to determine how they might predict both academic and professional success.

Why you should listen

In her late 20s, Angela Lee Duckworth left a demanding job as a management consultant at McKinsey to teach math in public schools in San Francisco, Philadelphia and New York.

After five years of teaching seventh graders, she went back to grad school to complete her Ph.D. in psychology at the University of Pennsylvania, where she is now an assistant professor in the psychology department. Her research subjects include students, West Point cadets, and corporate salespeople, all of whom she studies to determine how “grit” is a better indicator of success than factors such as IQ or family income.

Debrief with class

1. What is grit and where have you seen it before?

2. Who in your life or someone you admire from afar has developed a lot of grit? How do you think they found it?

3. When do you think you may need grit along the way? Have you already found and used grit before?

4. Do you have a personal experience in which you used grit?

Reflection

The more you learn, the more you will grow. The more you grow, the more grit you will gain.

Some text taken from Ted Talks: www.ted.com