**12-Item Grit Scale**

***Objective:*** *To learn about the concept of grit and how it applies to academic success*

**Respond to the following 12 items. Be honest – there are no right or wrong answers.**

|  |  |
| --- | --- |
| 1. I have overcome setbacks to conquer an important challenge.
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 | 1. I often set a goal but later choose to pursue a different one.\*
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 |
| 1. New ideas and projects sometimes distract me from previous ones.\*
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 | 1. I have difficulty maintaining my focus on projects that take more than a few months to complete.\*
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 |
| 1. My interests change from year to year.\*
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 | 1. I finish what I begin.
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 |
| 1. Setbacks do not discourage me.
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 | 1. I have achieved a goal that took years of work.
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 |
| 1. I have been obsessed with a certain idea or project for a short time but later lost interest.\*
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 | 1. I become interested in new pursuits every few months.\*
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 |
| 1. I am a hard worker.
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 | 1. I am diligent.
* Very much like me
* Mostly like me
* Somewhat like me
* Not much like me
* Not like me at all
 |

**Grit Scale Scoring**

Step 1: For questions **1, 4, 6, 9, 10,** and **12**, assign the following points:

 5 = Very much like me

 4 = Mostly like me

 3 = Somewhat like me

 2 = Not much like me

 1 = Not like me at all

Step 2: For questions **2, 3, 5, 7, 8,** and **11**, assign the following points:

 1 = Very much like me

 2 = Mostly like me

 3 = Somewhat like me

 4 = Not much like me

 5 = Not like me at all

Step 3: Add up all the points and divide by 12.

**Grit Score: \_\_\_\_\_\_\_\_**

**What does my score mean?**

* The maximum score on this scale is 5 for extremely gritty.
* The lowest score on this scale is 1 for not at all gritty.

**What is Grit?**

* Grit is defined as perseverance and passion for long-term goals
* It entails working strenuously toward challenges, maintaining effort and interest over years despite failure, adversity, and plateaus in progress
* Grit is unrelated to talent and can be built through a growth mindset

Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals.

*Journal of Personality and Social Psychology, 9,* 1087-1101.