

# Find Your Grit Score

## LEARNING OBJECTIVE

I will be able to find out my grit score and reflect upon how this impacts my life.

## DIRECTIONS

Take the Grit Survey, created by a psychologist at the University of Pennsylvania named Angela Duckworth. This survey asks 12 questions to estimate how much grit, or resilience, you show. Take the survey here:

[https://sasupenn.qualtrics.com/jfe/form/SV\\_9H6it93yv4rozeB](https://sasupenn.qualtrics.com/jfe/form/SV_9H6it93yv4rozeB)

Then, write a 1-paragraph reflection. How did you score? Does this seem about right to you? How will you either grow your level of resilience or use the resilience you have?

When you have finished, find a partner to discuss your thoughts with.

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