

## Workshops on Grit (恆毅力) and Growth Mindset (成長型思維)

Date: 2 & 3 September 2021 Time: 2:15pm - 4:30pm Venue: 路德會聖十架學校 (地址: 新界荃灣路德圍 31 號)

Trainer Dr. David Chiu Kam Tak

There has been a lot of talks recently about grit & Growth Mindset in the education circle and how to develop it among students (Duckworth, Peterson, Matthews & Kelly, 2007). Research indicates that it plays a significant role in successful outcomes in many fields, and more specifically in education. Grit is the quality that enables individuals to work hard and stick to their long-term passions and goals. And grit is rooted in two facets, perseverance of effort and consistency of interest.

These two facets play different roles, with perseverance being a stronger positive predictor of academic performance. Finally, positive variables, such as hope, positive affect and family relationships can foster grit. So, from a psychological perspective, grit has four assets: interest, practice, purpose and hope and the positive culminative result is passion.

Can one learn to have grit? How do you teach it?

We are very pleased to have Dr David Chiu to offer 2 introductory workshops for IE project schools in the beginning of the school year to equip teachers in these areas. Dr Chiu has developed the model for Life Planning Education for Hong Kong schools with the Life Path process which has been tried out with success in the pilot schools in Hong Kong. Grit & Growth Mindset play a significant part in the whole process.

These are some of the essential questions that will be addressed in two introductory workshops with the hope that the participants will gain a basic understanding of what is meant by "grit," and that you will discover a couple new ways to encourage students to be more "gritty."

Takeaway for Workshop One (perseverance): how can a school help students develop the capacities to hold top-level goal for a long time, that is, a student's ultimate life concern, a compass that gives direction and meaning to all the goals below it.

Takeaway for Workshop Two (passion): educator's modus operandi is to help students find and nurture their passion through a growth mindset by "deliberate practice" (Ericsson) and learning "optimistic self-talk" (Duckworth).

You could try to view the following YouTube clip to have an initial understanding of the power of Grit & Growth mindset:  
<https://www.youtube.com/watch?v=s7wcbF8QiUQ>  
 (成功的要訣是什麼? 是恆毅力 Grit - Angela Duckworth, TED TALKS)



### 講者簡介：

#### DAVID KAM TAK CHIU ( 趙錦德 )

Founder and former President of OnTrack Leadership Institute in Canada

David is a very experienced and renowned trainer in training local churches and educational institutions both in N. America and Hong Kong on Transformational Leadership, Crisis Leadership, Raising Leaders for the Next Generation and Coaching courses at different levels. In recent years, he has developed the model for Life Planning Education for Hong Kong schools with the Life Path process. Grit & Growth Mindset play a significant part in the process. His book called 展翅上騰：「教練入門」(Coaching 101) co-author with Dr. Robert Logan (2007) and his other two books that were specially written for HK teachers and leaders: 井水湧流：使人得力的教練指導 (2010), 雲端上的領導(2011) and 策略領導(2012) will offer many practical examples for the participants' reference.



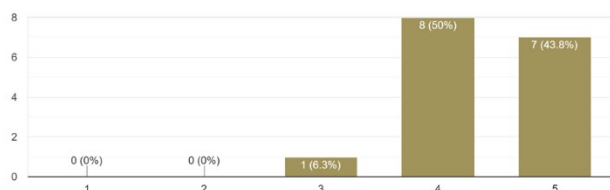
## 參與者回應：

### DAY 1

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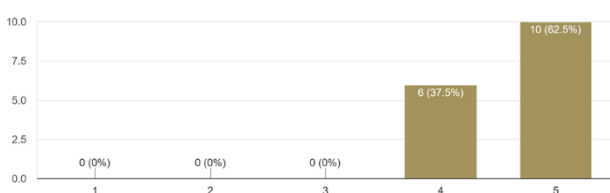
1. I understood "Grit & Growth Mindset" more and be able to use what I learn today in my school after the workshops

16 則回應



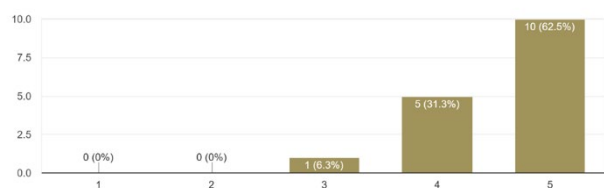
2. The content and arrangement were impressive to support our interest in "Passion".

16 則回應



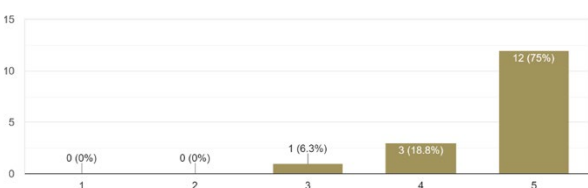
3. My expectations in attending the workshops were met.

16 則回應



4. Overall, I was satisfied with the workshops.

16 則回應



5. Please share your insights, learning in attending the workshops

- Gritty mindset
- 恒毅力對一個人的重要性，無論對象是學生還是老師，這絕對是一個對生命重要的課題
- 堅毅的重要性
- I agree that the state of the mindset is important for both teaching and learning. I'm thus looking forward to tomorrow's session.
- 我認識到 Grit 的概念及相關的要素

- 堅毅意志是令小朋友成長，進步的一個推動力。與小朋友一起放眼遠望，訂定一個長遠的學習目標，盡力培養出堅忍不屈的態度。
- 要成功，先要擁抱失敗
- Grit, a kind of belief and passion.
- Grit is so important for everyone
- As a teacher, we should not underestimate the ability of our students. Everyone can improve their performance by increasing grit (passion and perseverance).
- 堅毅
- Grit is extremely powerful to steer success

6. Topic(s) you are interested in and would like to have further discussion / information:

- How to make Gritty context in school
  - How to implement the IE concept in School
  - 創意與冒險的關聯
  - 如果有更多實際例子作參考，則更佳
  - How to apply and encourage the sensibility and practice of GRIT for teaching kids and managing parents' worries and queries.
  - 如何培養 gritty students ? 可有具體的方法
  - Guest sharing.
  - How can we build grit in school
  - Different schools' practices on IE
  - 可以為學生開設嘅活動
  - More positive education strengths
  - How to cultivate this culture at school/classroom?
- 2. Further from talking about it on the conceptual level, how to help students to build their grit up?

7. Other comments / suggestions :

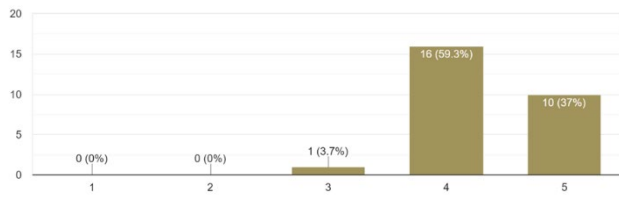
- 很有同感，內容值得反思
- 地點方便



## DAY 2

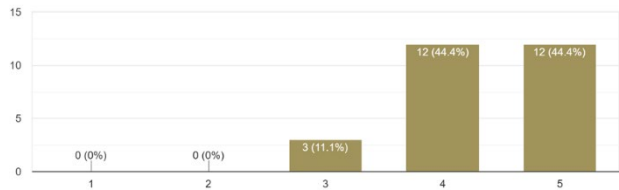
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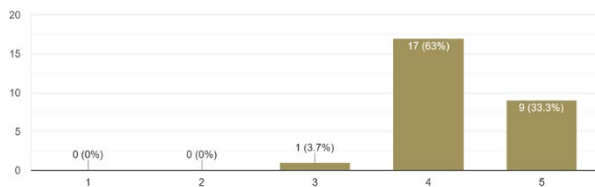
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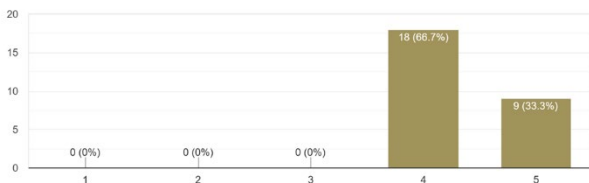
3. My expectations in attending the workshops were met.

27 則回應



4. Overall, I was satisfied with the workshops.

27 則回應



5. Please share your insights, learning in attending the workshops:

- Growth mindset not only switch
- YET，學習利用讚賞或批評的說話來教導學生正向思維
- Not Yet
- empower
- Growth mindset help student for life long
- Help my student to develop growth mindset can help them to face their further life
- What grit and growth mindset means and the importance of process praise and empowerment
- Apart from academic results, we should care more about our students' uniqueness,

personalities and leadership skills so as to help them grow continuously after school.

- Self reflection about myself and what I can do for my students.
- Not yet, still processing the materials and seeing what can be applied into our school's context
- Still a bit lost about how to support/inspire the students after listening to the theories.
- 蜘蛛網的故事
- 今天分享很不錯，具啟發性
- Teachers are the LIFE COACH of students.

6. Topic(s) you are interested in and would like to have further discussion / information

- How to guide my students to bring out their grit in a practical way, especially at the classroom level
- Life path
- tenacity
- How to promote growth mindset to young student?
- How to really “teach” students to be gritty
- Growth mindset and practice
- Cases sharing.
- Coaching/counselling students

7. Other comments / suggestions :

- Thank you, Dr. Chiu
- 謝謝 Dr.Chiu 。” not yet ” 很有啟發性！
- 講員的收音可以更好一點，有時講員講話比較細聲就收唔到了。非常感謝各位一直幫我們解決很多問題，為了讓我們更好的參與工作坊~
- Thank you very much for sharing!!
- Thank you so much! It's a great workshop!