

A stylized graphic of an eagle in flight, composed of broad, curved stripes in shades of blue and orange. The eagle is positioned in the background, facing right.

Persistence & Mindset

Steps to Success

Persistence

“Persistence is the ability to stick with something. If you practice the violin for over a year in order to play “Twinkle, Twinkle, Little Star” perfectly, that's *persistence*!”

Video: Doogie Tries to Make Friends



Table Talk or Shoulder Partner

1. How did Doogie demonstrate persistence in the video? Be specific!
2. Why is it important to be persistent?
3. How does being persistent help you achieve your goals?
4. When have you demonstrated persistence at school?
5. When have you demonstrated persistence outside of school?

To Be Persistent, Be FIERCE!

- “**F**” – Use **(F)lexibility**
- “**I**” – **(I)dentify** barriers along the way
- “**E**” – Maintain **(E)ffort**
- “**R**” – Know your **(R)esources**
- “**C**” – Stay **(C)alm** when confronting challenges
- “**E**” – Remember to **(E)valuate** how your current plan fits with your goals


Think About It: Challenges & Setbacks

Sometimes it can be difficult to be persistent and “fierce.”

Think about a challenge or setback that you faced recently. What did you do? What do you think made you approach the challenge that way? What was the end result?



Persistence & Mindset

A landscape photograph showing a large, dark tree in the foreground, silhouetted against a sunset sky. The sky is a mix of dark blue, green, and orange, with some clouds. In the background, there are rolling hills or mountains. The overall mood is serene and contemplative.

The first step in improving your persistence is to start thinking with a positive mindset.

4 Steps to Develop a Growth Mindset



10 Growth Mindset Statements

FIXED MINDSET



What can I say to myself?

INSTEAD OF:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

TRY THINKING:

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

GROWTH MINDSET



(Original source unknown)

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Reflection: Persistence & Mindset

1. What does persistence mean?
2. What is the relationship between persistence and mindset?
3. What is one of the steps to developing a growth mindset?
4. What is one example of a growth mindset statement?
5. What will you do to develop your persistence and growth mindset in the upcoming weeks?