

Get a Grit!

Scaffolding Grit to Strengthen a Growth Mindset and Executive Function Learning

By Sucheta Kamath, MA, MA, CCC-SLP, BC-ANCDS
09/02/2021



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Sucheta Kamath, MA, MA, BC-ANCDS, CCC-SLP

September 2, 2021



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Cerebral Matters®
Private practice in Atlanta



EXQ
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ExQ® is personalized digital curriculum for middle and high school students that directly builds Executive Function skills through games, error analysis and metacognitive lessons.

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full PreFrontal
Exposing the Mysteries of Executive Function

Full PreFrontal: Exposing the Mysteries of Executive Function is a podcast hosted by Sucheta Kamath.


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Hello!

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Financial Disclosures

- Sucheta Kamath has received financial compensation for this presentation.
- She is the Founder/Owner of the private practice Cerebral Matters where she sees clients
- Finally, as the CEO of ExQ software curriculum Sucheta benefits from its sales



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Full PreFrontal Podcast Recommendations


 <p>PODCAST EPISODE 137 David S. Yeager The Growth Mindset</p>	 <p>PODCAST EPISODE 134 Dr. Ned Hallowell ADHD: Marvellous, Magical, and Manageable</p>	 <p>PODCAST EPISODE 122 Dr. Taryn Marie Stejskal Self-talk is a Feature, Not a Bug</p>
 <p>PODCAST EPISODE 127 Dr. Laila Sanguras When Grit is a Good, Grit is Good</p>	 <p>PODCAST EPISODE 162 Dr. Anirudha Kundu Power of Student Agency</p>	 <p>PODCAST EPISODE 83 William Damon, Ph.D. Purpose or Perish</p>




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Let's Pause And Think
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What ideas are squaring with you?



What ideas are still circling in your head?



What would you like take with you into your practice?



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Defining Executive Function

Executive Function refers to the brain processes involved in the top-down, goal-directed modulation of attention, thought, emotion, motivation and action.

- Zelazo et al., 1997



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Executive Function and Goal Pursuit Selfish & Misaligned



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Executive Function is not simply knowing what to do (goal) but keep **DOING** what it takes to show what you know (plan)!

A self-sufficient individuals manage their own thoughts, feelings, and behaviors to achieve goals – set by self, for self without selfishness

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Three Critical Elements Of Executive Function:

Impulse Control

Working Memory

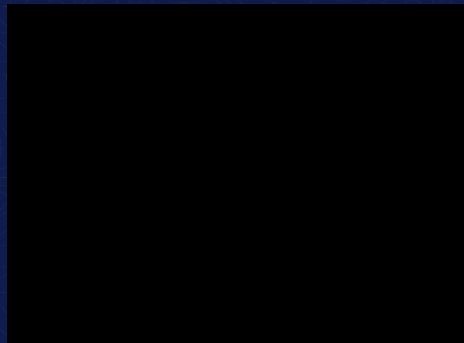
Mental Flexibility

- Poor Impulse Control leads to problems with delaying gratification, ignoring distractions, sustaining effort, and asking for help
- Poor Working Memory leads to problems in holding on to instructions, rules, plans, or even what's on others' mind and creativity
- Poor Mental Flexibility leads to emotional rigidity/dysregulation, complex reasoning, and reduced problem solving

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Let's Watch




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Impulse Control

Working Memory

Mental Flexibility



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Continuity of Self

Past → Current → Future-self

By reflecting on our mistakes, we reshape our future!



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Stuck on Current-Self

- Being inflexible or getting stuck
- Not able to switch perspective
- Being stubborn (Not letting go of an idea despite repeated failures)
- Being tunnel-visioned and short-sighted

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Defining Grit:

Goal-Directed Persistence that benefits the Future-Self!

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Passion

Perseverance




Long-Term Goals

Holding the same top-level goal for a very long time

- Angela Duckworth, Ph.D.

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Connecting Grit to Executive Function

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Passion

Perseverance



Long-Term Goals

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Passion

Perseverance

Long-Term Goals

Motivation
Interest/Curiosity
Sustained Focus


Task Analysis
Deliberate Practice
Decision-Making
Error Analysis

Organization/Planning
Prospective Memory
Delayed Gratification
Mindset

Self-Reflection, Self-Awareness, & Self-Monitoring

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High Grit

Characteristics of People with High Grit

- Interest
- Practice
- Purpose
- Hope (Willingness to keep going)

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High Interest


Early discovery of personal interest:

At the time of Apollo moon landing in 1969, Chris was just 9 years old and that ignited a life-long quest to pursue career in space.

Chris Hadfield: Astronaut, Writer, Musician, Comedian, and Social Media Superstar

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Deliberate Practice:

Trying hard in four specific ways

- Extremely intentional in pursuing goals
- Problem solving
- Information-rich Feedback
- Doing something differently

Swimmer Mark Spitz and coach Sherman Chavoort

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Purpose & Perseverance



Purpose But No Passion

"Earlier, I could not continue my school education because of my family problems, and I was occupied with the domestic work...but now I wish to complete my matriculation first."


- Jyoti Kumari (India's 'bicycle girl')



By The New York Times

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Long-Term Goals and A Sense of Hope

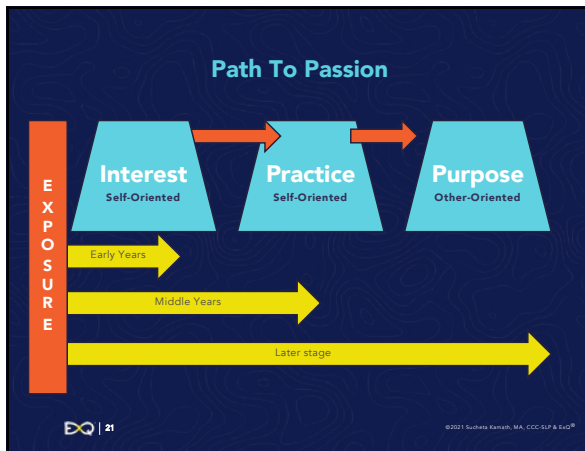


Stick-to-itness

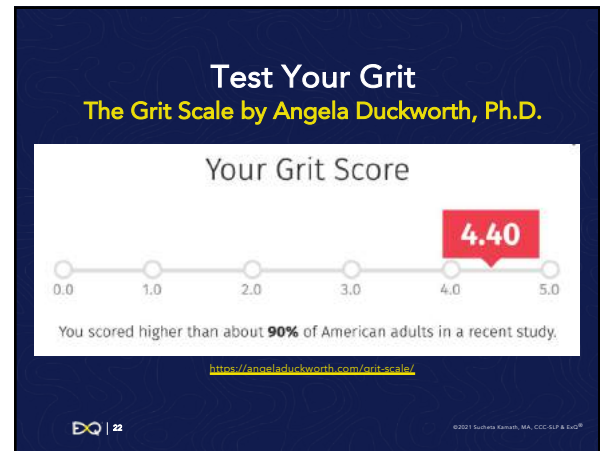
"I made 5,127 prototypes of my vacuum before I got it right. There were 5,126 failures. But I learned from each one. That's how I came up with a solution. So I don't mind failure."

- Sir James Dyson
(An Inventor and a Billionaire)

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Let's Pause And Think

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What would you like take with you into your practice?

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Therapeutic Principles: Demystify Excellence

Teach your clients ways to:

- Appreciate the fact that unlike other creatures, humans are born to learn & grow
- Incorporate feedback into finessing skills
- Handle rejection and setbacks
- Be future-forward

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Strategy #1: Help Build Culture & Language that embodies *stick-to-itness*



- Japanese concept of Kaizen (incremental and ongoing improvement)
- Finnish trait of Sisu (the art of inner strength)
- Help establish cultural identifiers

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Grittier culture creates grittier individuals:




Culture of Grit

- Culture has the power to shape our identity
- The shared norms and values of the group are readily internalized
- They help instill do the "Hard Thing" Rule

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Specialized Language




West Point Cadet Jargon

- AMI – Morning Room Inspection.
- Booodle – Slang for snacks, food, or candy
- Civvies – Civilian clothing
- Green Girl – Slang for the issued cadet bed comforter
- Squid – One who attends the Naval Academy
- Yearling – A member of the Sophomore/Third class. Also known as a "Yuk"
- Zoomie – One who attends the Air Force Academy

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Example: Bringing your WHY to the Forefront (Determine the greater mission of your work)



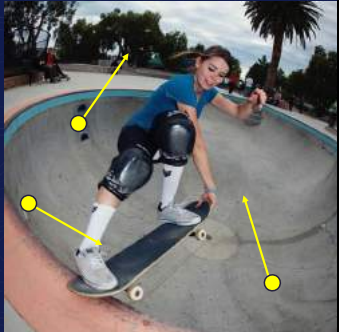
The greater mission of my work is OR I became an SLP because...
(in less than 25 words)

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Strategy #2: Make Interest Maps

- What interests you?
- How do you like to spend your free time?
- In free time, what do you tend to think about?
- What do you do about it?



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Strategy #3: Connect with the Future-Self



- First, identify the right kinds of goals
- Use a Goal Pyramid to connect actions to Long-Range Goals
- Craft a personal mission statement
- Teach clients how to direct effort towards achieving multiple mid-range goals to get to those long-range goals

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Envisioning The Future-Self



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Goal Pyramid (1)



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Connect actions of *NOW* to the *FUTURE* results using the Goal Pyramid

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Goal Pyramid (2)



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Connect everyday actions to top of the Goal Pyramid

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Strategy #4: Focus on Small & Mundane



In order to reach a level of excellence, simple tasks in the area of expertise, experts perform them:

- Consistently
- Correctly and
- Repeatedly

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Mundanity of Excellence



"Excellence is accomplished through the doing of actions, ordinary in themselves, performed consistently and carefully, habitualized, compounded together, added up over time."

- Daniel F. Chambliss (1989).
An Ethnographic Report on Breckinridge and Olympic Swimmers.
Sociological Theory, Vol 7, No.1 Pages 7-26

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No Razzle Dazzle



10,000 small acts,
each of them very
doable and none of
them terribly
interesting

- Angela Duckworth

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Strategy #5: Engage in Deliberate Practice



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Four Parts to Deliberate Practice

- A Clear Path
- The Right Task
- Isolating Key Moves/Aspects
- Feedback & Reflection

Value of Deliberate Practice



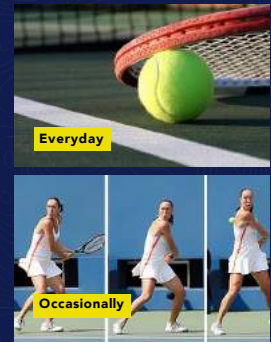
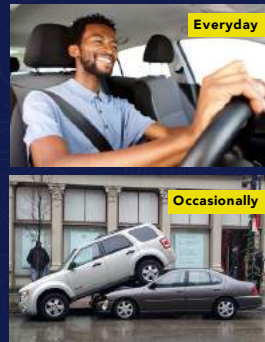
"Deliberate
practice is not the
same as just
doing something
a lot."

- Anders Ericsson, Ph.D.

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Not the Same as Doing Something a Lot



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Living in Deliberate Practice



"Then I compared
my Spectator with the
original, discovered some
of my faults, and corrected
them. But I found I wanted
a stock of words, or a
readiness in recollecting
and using them."

- Benjamin Franklin

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Thank You!

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