



## Module 10: Finding My Life Grit

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Introduction : Nurture persistent attitudes and identify ways to enhance personal grit.

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Learning objectives :  
1. Recognise the importance of persistent attitudes for life development;  
2. Nurture persistent attitudes to implement life action plan;  
3. Identify ways to enhance personal grit

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Keywords : #Empowered #Perseverance #Dynamics

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Learning materials :  
➤ PowerPoint slides for teaching  
➤ Rubber & ruler (for each student)  
➤ Worksheet: The Discovery of Grit  
➤ Worksheet: My Life Planning Footprints ⑩ “Course/Job Application Form”

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Download teaching resources : ➤ <https://elesson.lifeplanning.edb.gov.hk/>

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## Learning activities and procedures

### Share My Life Planning Footprints®

Time: 10 minutes Presentation: P.2-3 Worksheet: My Life Planning Footprints®	<ul style="list-style-type: none"><li>➤ Briefly introduce the learning rundown of Module 10. Ask students to take turn and use 1 minute to share their My Life Planning Footprints® with the student next to them.</li><li>➤ Instructor leads students to think about the below questions:<ul style="list-style-type: none"><li>○ What is the distribution of your My Adventures Coordinates? Which categories do most tasks belong to?</li><li>○ If you need to finish numerous tasks in a limited time, what kind of attitudes do you have to maintain? [Instructor can highlight the learning focus of this module: persistent attitudes]</li></ul></li></ul>
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### Activity 1: "Rub" Your Future

Time: 15 minutes Presentation: P.4-5 Materials: rubber & ruler	<ul style="list-style-type: none"><li>➤ Rules of the activity: Each student prepares a rubber and a ruler, rub the rubber in 1 minute and use the rubber dust to form one long string.</li><li>➤ Remarks : If the string of rubber dust breaks into pieces, measure the longest piece. Instructor can prepare small gifts for the winner to encourage student's participation.<ul style="list-style-type: none"><li>○ <b>Round 1: The one with the longest rubber string will be the winner.</b></li><li>○ Use the ruler to measure upon completion and record.</li><li>○ <b>Round 2: The one with the largest increase in the length of the rubber string (compare to Round 1) will be the winner</b></li><li>○ Instructor picks the student who has the largest increase in the results of round 2 to answer the below question, "In order to have a better result in round 2, what was the thought on your mind which helped you pursuing the goal?" [It is better for the instructor to guide students to come up with the below beliefs, for example, "I believe I can do it", "to face the challenges bravely", "try hard to pursue the goal", "you can make it if you persist", etc.]</li></ul></li><li>➤ The above activity aims to trigger students to think about the importance of "persistent" attitudes on success, there is no need to focus on discussing the influence of personal ability or environment and other factors affecting the results.</li><li>➤ Instructor explains, "do you think you are a perseverant person? What is the relationship between persistent attitudes and life development? We will learn more about this in the following activities.</li></ul>
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## What is Grit?

Time: 10 minutes Presentation: P.6-7	<ul style="list-style-type: none"><li>➤ Instructor asks, “do you think a talented athlete or a diligent athlete would have greater achievement?”</li><li>➤ Angela Duckworth, a US Psychologist and Professor of University of Pennsylvania, has been devoted to explore the relationship between perseverance and success since 2005. Through studying, observing and analyzing different research groups, she found that at all events, “Grit” is the most decisive indicator of success, when compared to intelligence, academic performance or appearance. <b>“Grit” is the passion and sustained persistence in the pursuit of long-term goals. Despite experiences with difficulties or failure in the process, it is the ability that allows a person to persist (Duckworth, 2016).</b></li><li>➤ Duckworth also point out there is a positive relationship between grit and satisfaction about lives. When a person is high in grit, he/she would have more positive emotions, it will be more possible for him/her to live a life with healthy emotions (Duckworth, 2016).</li><li>➤ Instructor explains, as the saying go “there are no gains without pains”. Life is like a marathon. In the journey of pursuing your goal, it always involves extreme persistence and perseverance. It doesn’t matter if you consider yourself as “having” or “not having” enough persistence or perseverance, the most important thing is this ability can be enhanced through learning. Next, we will try to find effective ways to enhance your grit.</li></ul>
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## Activity 2: The Discovery of Grit

Time: 20 minutes Presentation: P.8-10 Worksheet: Discovery of Grit	<ul style="list-style-type: none"><li>➤ Discuss the following questions in a group of 4 to 5 students:<ol style="list-style-type: none"><li>1. Share one thing they once were eager to complete but eventually gave up</li><li>2. Summarise the reasons they decided to give up<ul style="list-style-type: none"><li>▪ “I think it’s really boring” (lack of interest);</li><li>▪ “I don’t want to put effort”(lack of determination to practice);</li><li>▪ “This does not concern me” (lack of purpose);</li><li>▪ “I can’t do it, so I just give up” (lack of hope).</li></ul></li><li>3. Based on the shared stories, think and discuss the ways to improve our grit;</li><li>4. Jot down the above information on the worksheet;</li><li>5. Write your personal reflection.</li></ol></li><li>➤ After discussion, instructor can invite the representative of each group to share some examples and encourage them to face those matters they tend to give up more easily (e.g. matters related to revision, time management, daily routine, etc.).</li><li>➤ Instructor use presentation P.10 to conclude the session, “There are always some targets we aspire to achieve as we grow, however, not all of them could be ultimately achieved and we might have given up on them in the process. To be more perseverant, we should learn to explore, cultivate and develop our hobbies; be more disciplined; cultivate the sense of mission and explore the meaning of life; stay hopeful, and make our life fruitful.”</li></ul>
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## My Life Planning Footprints ⑩ “Course/ Job Application Form”

Time: 5 minutes  
Presentation:  
P.11

Worksheet: My  
Life Planning  
Footprints ⑩

- Ask students to complete My Life Planning Footprints⑩ after class and prepare for the mock interview in Module 11. Students need to select one of the courses or jobs they would like to enroll in or apply for, then fill in the application form.
- Instructor can use the sample application form in the appendix as an example to illustrate how to fill in the form.

課程 / 職位申請表			
課程 / 職位名稱	西廚文憑課程		
<b>個人資料</b>			
中文姓名 陳大文	英文姓名 CHAN TAI MAN, Victor	性別 男	
英文通訊地址 Flat 501, Block 1, Future Garden, Future Bay, Kowloon, Hong Kong			
電郵地址 chan.tm@myfuture.com			
<b>教育</b> (按接受教育的日期順序列出)			
曾就讀的學校、學院和大學	就讀年級	就讀日期 (月 / 年)	
		由	至
CLAP 學院應用學習課程	應用學習課程	09/2017	08/2019
慈雲中學	中一至中六	09/2013	08/2019
N/A	N/A	N/A	N/A
<b>課外活動 / 工作經驗</b> (按工作 / 課外活動完成的日期順序列出)			
校內學會 / 公司 / 機構 / 課外活動名稱	活動 / 工作崗位	日期 (月 / 年)	
		由	至
求取學會	幹事	09/2014	08/2019
CLAP 西餅店	兼職蛋糕製作助理	07/2017	07/2018
專業教育學會—西餅師工作體驗計劃	侍應及飲品調製師	10/2017	06/2018
<b>曾獲獎項 / 個人成就</b> (按獲得獎項及資格日期順序列出)			
頒發機構	獎項 / 資格	簽發日期 (月 / 年)	
CLAP 咖啡學校	咖啡烘培入門證書	07/2018	
N/A	N/A	N/A	
N/A	N/A	N/A	
<b>其他技術或專長</b>			
電腦技能 / 外語能力 / 音樂 / 運動 / 設計 / 其他與職位相關的技術或專長:			
電腦技能: MS Word · MS Excel · MS PowerPoint · Photoshop			
外語能力: 英文: 中等程度; 普通話: 精通			
3D 蛋糕設計及製作			
<b>諮詢人</b>			
諮詢人姓名 張葉好	關係 前中六班主任		
備註: 如有個人履歷, 歡迎與申請表一併提交。(你可以透過 CLAP Portfolio <i>Infinity</i> 內的 Shine · My Profile 選擇個人履歷)			
日期 2019 年 7 月 8 日	申請人簽署 <i>T. Chan.</i>		

- While doing the exercise, ask students to think about the items below to prepare for the activities in the next session:
  - course/job description and features;
  - what impressed you most about the course/job;
  - career prospects after completion of the course/ acquiring the job;
  - the reason you will be given an offer for the course/job;
  - your plans/goals for your future life planning.



## Extended Activity ⑩ Creating My “Shine My Profile”

Presentation:  
P.12

Tool: Login to  
My Life  
Planning  
Portfolio

<https://portfolio.lifeplanning.edb.gov.hk/>

- Ask student to login My Life Planning Portfolio to complete “Shine My Profile”, export and print it for the next session.
- **Steps for creating “Shine My Profile”:**
  - **Step 1:** After logging in, press the toolbar on the top left corner, select “my profile” on the menu, “Shine My Profile”, then select “create my profile”;
  - **Step 2:** press “start to use” and select one of the templates of profile;
  - **Step 3:** Input personal information, press “save and continue”, then “edit and preview” or print it out for record.



- You can also use CV360<sup>®</sup> of CLAP for Youth@JC to create a new resume showing your personal values, attitudes, abilities and knowledge.



## Reference :

### Books & journals :

Duckworth, Angela. *Grit: The Power of Passion and Perseverance*. First Scribner Hardcover ed. 2016. Print.

### Multimedia resources :

- Module 10 Teaching Resources : <https://elesson.lifeplanning.edb.gov.hk/>
- My Life Planning Portfolio : <https://portfolio.lifeplanning.edb.gov.hk/>