



# Fostering Self-Efficacy: The Development of Perseverance



# Agenda

- **What is perseverance?**
- **Why build perseverance?**
- **Cultural considerations**
- **Developing perseverance**

# Brainstorm



- **What is perseverance?** (Handout page 2)
- Perseverance is about pursuing a higher goal and developing an ability to deal with setbacks and failure on the way. It is a combination of mindset and habit. It's about having the stamina to actually keep going and doing the right things.
- *Perseverance alone will not make you successful, but without it you will never get anywhere, and with it you can go further than most people.*

# Do you know a student who:

- Has poor attendance?
- Is chronically tardy?
- Has incomplete or missing assignments?
- Has behavior issues?
- Rarely participates?
- Exhibits learned helplessness?



**As teachers, we need to become comfortable with occasionally putting students in a position where they have to struggle, show tenacity, and exhibit resilience.**

**Rate your receptivity to struggle. How “gritty” are you?**

# We can guide the development of perseverance.

- Name it
- Model it
- Set goals
- Share exemplars
- Build perseverance muscles
- Promote a growth mindset
- Honor the struggle

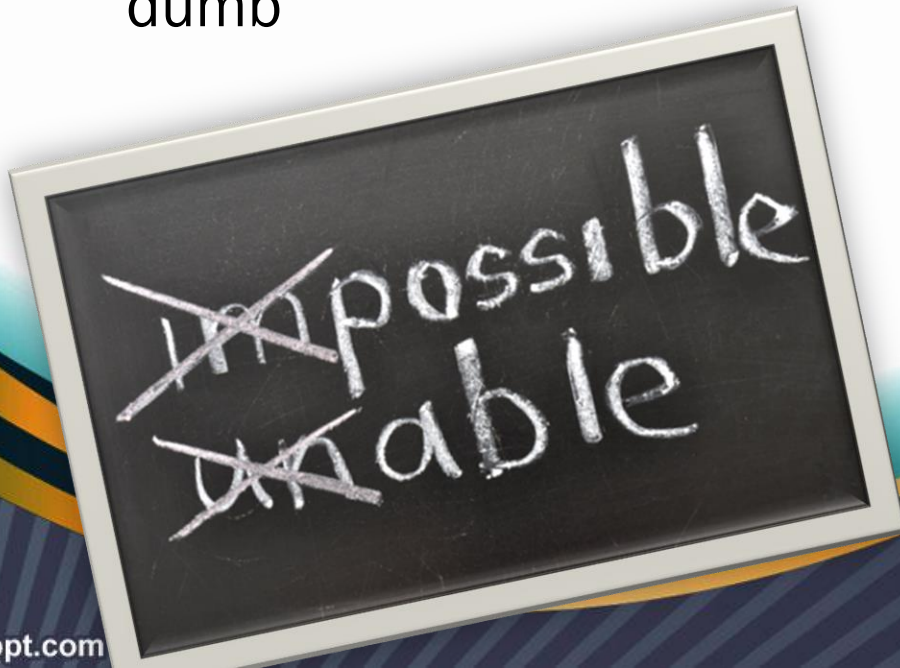
# Promote a Growth Mindset

## Fixed Mindset

- Belief that basic abilities, talent, and intelligence are fixed traits
- Goal becomes to look smart all the time and never look dumb

## Growth Mindset

- Belief that talents and abilities can be developed through effort, good teaching, and persistence
- Individual differences exist but everyone can get smarter if they work at it



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