

MacArthur fellow Angela Duckworth: Test kids' grit, not just their IQ

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The Washington Post:

Think smarts are all you need to succeed in school? Think again, says Angela Duckworth, a research psychologist and one of the recent [MacArthur Foundation fellows](#). In her research, Duckworth examines two traits that predict success: grit, the tendency to sustain interest and effort in pursuing long-term goals, and self control, the regulation of behavioral, emotional and attentional impulses. To Duckworth, grit allows people to pursue challenges over the course of years. Self control, on the other hand, helps us battle “hourly temptations.”

Duckworth gave a [TEDTalk](#) on grit in which she stressed the importance of determination in academic achievement. This week, Duckworth was named one of the recipients of the MacArthur Foundation’s “genius” grants, which award individuals \$625,000 over the course of five years for their professional achievements. The award is also considered an investment in the fellows’ future projects. We spoke with Duckworth over the phone.

Read the whole interview: [The Washington Post](#)