

Shifting the focus from IQ and test scores to traits of perseverance, curiosity, and grit for long term success in kids

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NBC:

In the guest spot today is contributing writer of the New York Magazine is Paul Tough, he's author of "How Children Succeed". He said character traits and not IQ determine success in life. Hopefully he'll reassure me I'm somewhat of a good mom. Talk about grit. What is it and how do we foster it in our kids?

Grit is this idea that a psychologist at the University of Pennsylvania named Angela Duckworth invented as a psychological trait. She defines it as passion, perseverance and the pursuit of a passion. It's about having self-discipline but having a real goal and not letting any obstacles stand in the way. That's a challenge for a lot of kids.

How do we get our kids to have grit?

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