

# **Motivational and Cognitive Underpinnings of Perseverance and Passion for Long-Term Goals**

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My name is Katherine R. Von Culin from the University of Pennsylvania and I presented my research at the APS 23rd Annual Convention in Washington, DC.

Grit, defined as perseverance and passion for long-term goals, predicts achievement outcomes. In a sample of 317 adults, perseverance and passion were differentially associated with meaning, pleasure and engagement orientations to happiness and with implicit beliefs about willpower. Results suggest distinct motivational and cognitive foundations for each dimension of grit.

Poster Session I – Board: I- 072

Thursday, May 26, 2011, 8:00 PM – 9:00 PM

Columbia Hall

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