

Resilience Transcript

So the second key dimension of GRIT, is called resilience. That is what the R stands for. We think of resilience traditionally, as your capacity to bounce back from adversity. Actually for a fabric or material for carpet or a chair, that might be fine, but for human beings it's so much more. Resilience is your capacity to respond constructively to, to make good use of adversity. So the more resilient you are, the more you tend to harness your adversity and the less resilient you are, the more it tends to beat you up and stop you short. So people who score higher on this dimension are the ones who can kind of feast on adversity. They are unstoppable, and they actually use it as fuel to propel them to places they would not get without it. So the most resilient students are the ones who are sort of like bring it on and the tougher it gets, the more they thrive. The less resilient or frankly or even the more normal students, are the ones who get kind of beaten down or worn down by adversity, struggles, and hardships overtime. That's why resilience is such a key predictor of success, and frankly of happiness and quality of life.

<https://www.youtube.com/watch?v=rMOyXw5RogE>