

# GRIT FOR COLLEGE STUDENTS

MC  
Student  
Life



**When: Tuesday, May 4, 2021**

**Time: 5:00 p.m.**

**Register here: <https://bit.ly/MCGRIT>**

## PARTICIPANTS WILL..

- Discover The Characteristics Of Grit based on the scholarship of James, Galton, Aristotle, and Duckworth.
- Think big picture to maintain long-term focus and always make your future bigger than your past.
- Learn The Cycle of Emotional Change to avoid getting caught in "The Valley of Despair."
- Use The Obstacle Transformer to endure through challenges and false beliefs, viewing setbacks as setups.
- Develop a Community Culture Of Support to nurture personal & communal persistence.



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For questions and accommodations based on disability, contact [stlifer@montgomerycollege.edu](mailto:stlifer@montgomerycollege.edu). Accommodations require a two-week advanced notice prior to the event.