

Don't Give Up

An activity of "Grit: The power of passion and perseverance"

Imagine that one day, you come across your friend at the library and he is clearly upset. You speak to him and find out that he is not doing well at his studies. He tells you that he feels like giving up on his dream of going to university in the future.



The next day in school, you read the latest issue of *What's Up* (July 2020) and find the article "Grit: The power of passion and perseverance". Psychologist Angela Duckworth talks about the importance of grit in overcoming tough situations. You realise that the points in the article may be useful for your friend.

1. Write a letter to your friend to encourage him not to give up on his dreams. In your letter, include these points:
 - a) What is grit?
 - b) Why does Dr Duckworth think grit is important? Give at least two reasons.
 - c) What can your friend learn from Dr Duckworth's experience?
 - d) How can your friend do better in his studies?

To help you draft your letter, write your answers for the four points below.

a. _____

b. _____

c. _____

d. _____

2. Use the other side of this sheet or a fresh piece of paper to write the letter.

