

*Grit,*  
*Growth Mindset*

*&*

*Deliberate Practice*

*GRIT*



FIXED



GROWTH

MINDSETS

DELIBERATE  
PRACTICE



# ***What is Grit?***

- Passion and perseverance towards a long-term goal.

Duckworth et al. (2007)

# ***Why is Grit important to E-learning?***

- For many reasons...

# ***What is Growth Mindset?***

- Belief that abilities can be developed through hard work, good strategies, and instruction from others

(C. Dweck, 2017)

## ***Why is Growth Mindset important to E-learning?***

- For many reasons...

# ***What is Deliberate Practice?***

- A special type of practice that is purposeful and systematic. (While regular practice might include mindless repetitions, deliberate practice requires focused attention and is conducted with the specific goal of improving performance.)

Anders Ericsson, 2008

# ***Why is Deliberate Practice important to E-learning?***

- For many reasons...

# ***Why would we need further exploration of the constructs?***

- Grit, Growth mindset and Deliberate Practice are not inculcated in majority of the student population due to many socio-cultural reasons.
- Accustomed in-person classroom environment has shifted to virtual platform where learning isn't scheduled to be done at prescribed times.
- Time management skills are scarce among many learners.
- It is important and essential to increase consequential validity of the constructs that may be context specific.



***Thank you!***

