

SOCIAL SUPPORT FACTORS THAT PREDICT GRIT

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LITERATURE REVIEW

CONCEPT DEFINITION

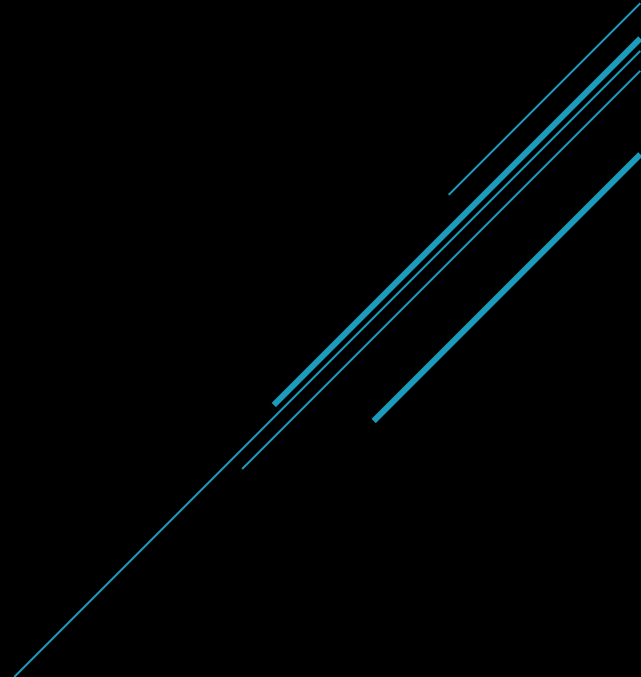
► Grit:

- Passion for and perseverance toward especially long-term goals.
- Pursuit of a dominant superordinate goal despite setbacks.

KNOWN CORRELATIONS

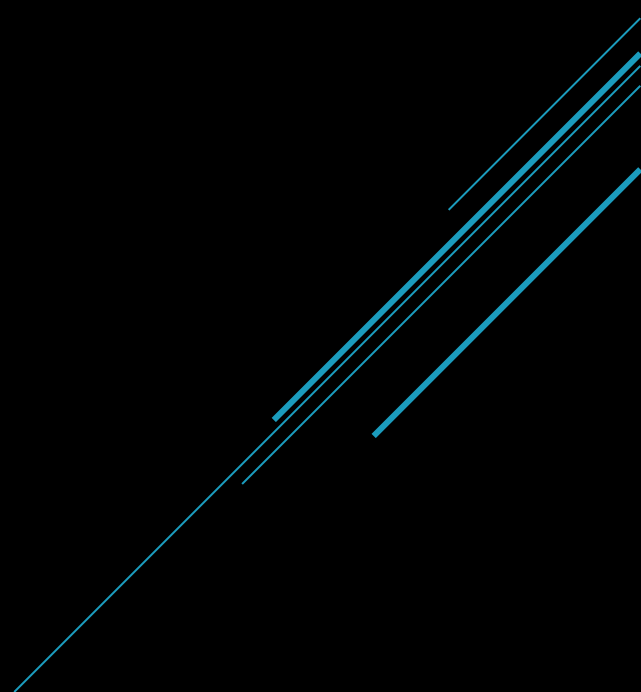
- ▶ Grit and motivation often go hand in hand together. Those who are highly motivated, can have high grit levels, versus those with no to low motivation, may not have any grit.
- ▶ Gritty individuals have high persistence, enhanced authenticity and identity consistency.

DEMOGRAPHICS EFFECTED

- ▶ There is no significant difference in gender for grit.
 - ▶ Non-citizen Latinx students have a higher percent rate of earning their degree.
 - ▶ African American woman are more gritty then their other race counterparts because of the Strong Black Woman schema portrayed.
 - ▶ Poverty, or poorer areas often are home to grittier individuals.
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SOCIAL FACTORS

- ▶ Media
- ▶ Societal Norms
- ▶ Authority figures (rewarded



- ▶ Birth cohorts differences because of historical changes that impact personality development.
- ▶ Only 10.6% of Latinx received a college degree.
- ▶ Grit from Latinx students are spurred to resist stereotypes, overcome their adversities, and make families proud.
- ▶ Society sets a standard that a black woman must not show emotions, they are always strong.

SOCIETAL NORMS

Vela, J. C., Smith, W. D., Whittenberg, J. F., Guardiola, R., & Savage, M. (2018). Positive psychology factors as predictors of Latina/o college students' psychological grit. *Journal of Multicultural Counseling and Development*, 46(1), 2–19.

Duckworth, A. L., & Quinn, P. D. (2009). Development and validation of the Short Grit Scale (GRIT-S). *Journal of Personality Assessment*, 91(2), 166–174.

- ▶ Latinx students face racial microaggressions, discrimination and lack of support from high school counselors and college administrators.
- ▶ Latinx students on DACA and DREAM Act have more stress and complex obstacles to push through such as financing college, family deportation, and migration stressors.
- ▶ African American role models teach young African American girls that they have to be strong, by not showing emotion/

AUTHORITY FIGURES

- ▶ The media consistently portrays the Strong Black Woman schema as independent, to where young girls know that their role is to always persist through every adversity despite their pain or troubles.
- ▶ Song lyrics convey messages that portray Black women's abilities to exhibit strength and resilience.

MEDIA

WHAT WE DO NOT KNOW:

- ▶ How family and cultural factors influence Latinx students psychological grit.

- ▶ Parents
- ▶ Peers
- ▶ Friends/ Significant others

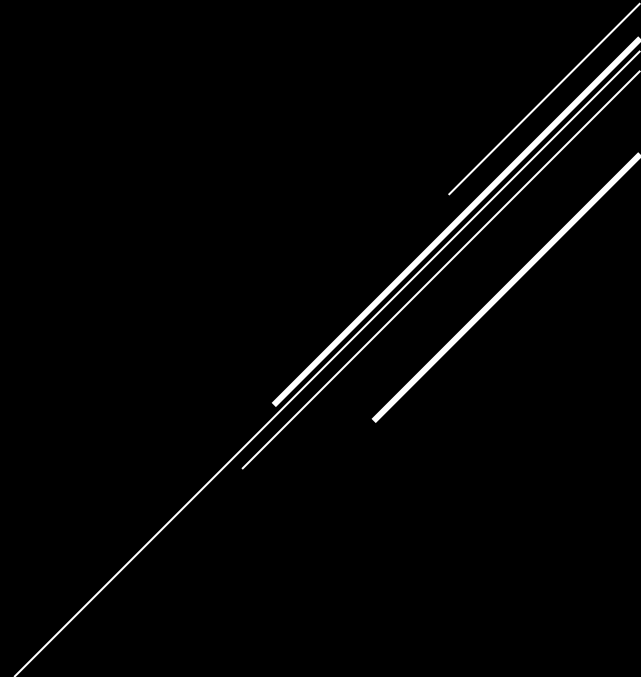
PERCEIVED SOCIAL SUPPORT OF:

- ▶ Latinx family relates to their academic resilience, positive career development, and grittiness because their success is their family's success.
- ▶ 50.4% of Black children live in a single – mother household, and there are an increasing number of Black men being affected by high rates of incarceration. This teaches the daughters that they have to be independent of a man.

PARENTS

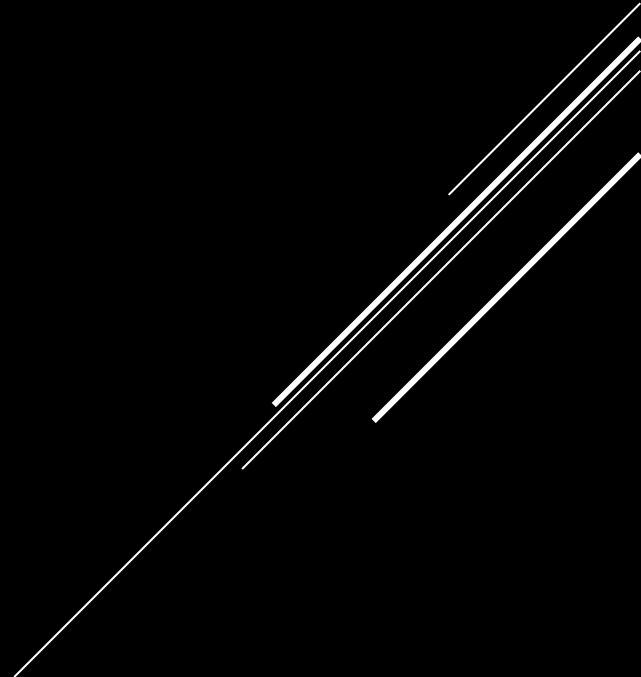
- ▶ People tend to have inconsistent identities in different social roles.
- ▶ Grittier individual have more consistent identity and enhanced authenticity.

PEERS



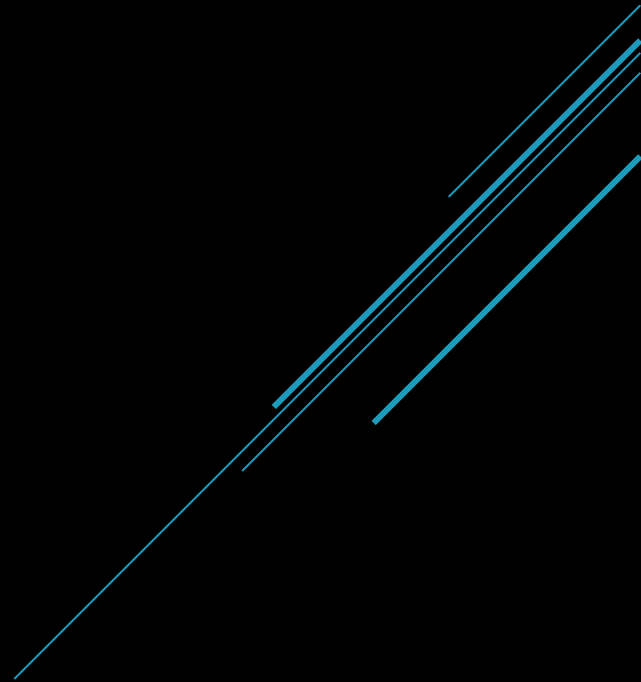
- ▶ There is not current literature on significant other social support of grit.

FRIEND/ SIGNIFICANT OTHER



CAN GRIT BE PREDICTED?

- ▶ Do we support grit based on current information?
- ▶ Based on current information, grit cannot necessarily be predicted based on social support.
- ▶ There seems to be more factors elaboratively effecting the outcome of grit along side social support.



- ▶ Main interactive effects of self-control and grit with respect to specific success outcomes.
- ▶ Childhood longitudinal studies on the development of goals with personal significance.
- ▶ How support from significant other affects the grittiness of a spouse.
- ▶ Amount of friends increase or decrease grit.

GAPS

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