After watching the video *Unlocking Your Potential: Grit, Determination, and Mindset* and participating in the class activities included in this Teacher’s Resource Book, your students will be able to:

- appreciate that hard work, passion, and persistence are critical for being successful.
- understand that the brain can grow stronger as a result of challenging activities.
- appreciate that failure can be a springboard for learning and achieving success.
- appreciate the importance of criticism for personal growth.
- understand and appreciate the role that grit plays in achievement.
- appreciate that talent alone doesn’t guarantee success and that it needs to be developed through hard work.
- appreciate the importance of positive risk taking.
- recognize the differences between a growth mindset and a fixed mindset.