

ACADEMIC RESILIENCY & FIRST-YEAR COLLEGE STUDENTS



Among all of the non-cognitive variables—such as self-efficacy, engagement, study skills, learning strategies, interpersonal skills, or commitment—academic resiliency, or grit, has captured our attention. What do we know about grit in college students? And, how does it relate to the experiences of first-year students?

GRIT HAS THREE KEY CONCEPTS



FOCUS

Can I **focus** on what I need to do, particularly long-term?



EFFORT

Am I willing to put forth the **effort** to be successful?



RECOVERY

When I hit a setback, how do I **recover** from it?

GRIT RESONATES AS A CONCEPT BECAUSE WE SEE THE STORIES ON OUR CAMPUSES EVERY DAY



We all know a student who has struggled with either setting or staying focused on strong academic goals.



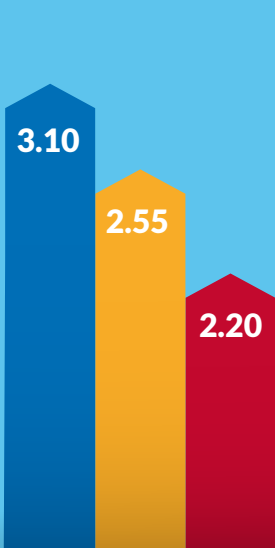
We all know a student who either did or didn't put in the necessary study time or effort needed to pass a difficult exam.



We all know a student who ends up on academic probation and either bounces back or does not bounce back.

WHEN IT COMES TO FIRST-YEAR STUDENT SUCCESS, GRIT MATTERS

Grit and Fall-Term GPA



Grit and Fall-to-Fall Retention

