Will Power: Grit, Self-Control, and Achievement Angela Lee Duckworth, Ph.D.

Assistant Professor of Psychology, Positive Psychology Center, University of Pennsylvania

Thursday, Nov. 29, 2012 7:00 PM North Shore Country Day School Diller Street Theater 310 Green Bay Rd., Winnetka, IL INFO: familyactionnetwork.net

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Evening lecture sponsored by Family Action Network (FAN), North Shore Country Day School, and North Shore Academy.

Thursday, November 29, 2012, <u>Will Power: Grit, Self-Control, and Achievement,</u> 7:00-9:00 PM, North Shore Country Day School, Diller Street Theater, 310 Green Bay Rd., Winnetka, 60093. What if it takes more than high grades, good test scores and innate intelligence to succeed? What if there are non-cognitive skills that are better predictors of success, and character traits that are more effective in helping your child achieve than those factors and skills that are measured by our schools? FAN began this conversation in September of this year with our program featuring *New York Times* writer **Paul Tough**, author of *How Children Succeed*, the hot new bestseller that provides an in-depth profile of the work of **Angela Lee Duckworth**, **Ph.D.**, an assistant professor of psychology at the **University of Pennsylvania**, working within the **Positive Psychology Center** as a top protégé of **Martin Seligman**, **Ph.D.**, the original developer of the field of positive psychology.

Dr. Duckworth will explain the role of certain non-cognitive skills in success and achievement for both children and adults. She will focus on "grit" ("the perseverance and passion for a longterm goal") and "self-control" ("staying on task in spite of temptation") to demonstrate the more critical role these traits play than talent and self-esteem. Dr. Duckworth's research indicates that the right balance of grit and self-control in the face of temptation, frustration and distraction is the key determinant for accomplishment. She will discuss research that shows what these qualities predict, how they differ from talent and what she knows about cultivating the development of these "non-IQ competencies" in children and adults.

Dr. Duckworth is an experienced classroom teacher and a former McKinsey consultant. She holds an AB magna cum laude in advanced studies neurobiology from **Harvard College**, an M.Sc. with distinction in neuroscience from the **University of Oxford** and an M.A. and Ph.D. in psychology from Penn. Please join us to hear from one of our nation's top scientists about this much talked about area of research that is changing the thinking of leaders in schools and workplaces alike.

Sponsored by the Family Action Network (FAN), North Shore Country Day School, and North Shore Academy. FAN is celebrating its 30th anniversary year, and is grateful for its 2012-13 sponsors Compass Health Center, North Shore Community Bank, *Quintessential New Trier* magazine, The Book Stall at Chestnut Court, and Tina & Byron Trott. CPDUs available for education professionals; no preregistration required. This program is free and open to the public. Visit www.familyactionnetwork.net for more information.





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