**CSE 310—Applied Programming**

# W07 Activity– Soft Skills - Grit

Name:

Date:

After watching the video “Grit: The Power of Passion and Perseverance”, think about how this can be used to improve your personal soft skills.  Use the following prompts to help you think about the content.

**Prompt 1** – During this semester, you have been working in quick two-week sprints. In the video, the speaker talked about needing to demonstrate passion and perseverance for years like a “marathon”. How can you continue to practice when this semester ends?

**Prompt 2** – The speaker in the video created a “Grit Scale” which can be found at: <https://angeladuckworth.com/grit-scale/>. Go to the website and take the short survey. The score “reflects how passionate and persevering you see yourself to be”. What was your score? Using what you learned from the video and the survey, what “small and simple” goal can you set for yourself to improve your Grit?

## Task:

Demonstrates your understanding and application of the principle/skill.  Answer each prompt with a well thought out statement. This likely cannot be done in fewer than two or three sentences per response. Certainly, using only a few words is too short. After completing your answers, copy and paste your answers to the corresponding Microsoft Teams Channel as a new Post.

1. Description of principle/skill.
	* RESPONSE:
2. How the principle/skill can be used to enhance your software development skills.
	* RESPONSE:
3. How the principle/skill can improve working with team members.
	* RESPONSE:
4. How you can use the principle/skill in other areas of your life.
	* RESPONSE:
5. A quick assessment of where you think you are with this principle/skill.
	* RESPONSE:
6. An action plan to help you improve.
	* RESPONSE:

**I posted a copy of my responses in MS Teams (Yes/No) \_\_\_\_\_**

## Deliverables:

There are two deliverables.

1. Copy your response from above and paste it into a new message in the appropriate MS Teams Channel for this soft skill.
2. Upload this document to [Canvas](https://byui.instructure.com/calendar#view_name=agenda).