



Frequently Asked Questions About the Building Grit Kit Grant (\$2,500 value)

Who is facilitating the Building Grit Kit program?

Jo Watson Hackl is the best-selling author of *Smack Dab in the Middle of Maybe*, which won the Southern Book Prize and is an Amazon Teacher's Pick. She is also a first-generation college graduate and used writing skills to earn scholarships to attend both Millsaps College and Yale Law school. At Yale, she was awarded the prize for the best student article in the *Yale Law Journal*. She is a Liberty Fellow, a Riley Fellow, and a member of the Aspen Global Leadership Network. Grit and resiliency have taken her from the tiny ghost town where she grew up to the Ivy League, boardrooms of major companies, and beyond and she is passionate about equipping students with tools to help them increase their own grit and resiliency. She has worked with experienced educators and a neuroscience major to develop the Building Grit Kit. She has presented to over 23,000 educators, students, and other professionals.

What is the purpose and objective of the Building Grit Kit?

The Building Grit Kit provides a framework for educators to work with students to help them become the hero in their own story as they build skills to develop grit and resiliency and increase their social and emotional learning skills. Through this project, students identify their interests, strengths, and things that they would like to work on. They set short, medium, and long-term goals, brainstorm potential obstacles to those goals, develop effective strategies to help them navigate around potential obstacles, and strengthen skills to help get them closer to their goals. Students also identify positive adult role models who can help them in their journey. Students also explore positive habits that they can build into their daily lives to help them become the best version of themselves, and destress and recharge with a variety of nature-based and team-building activities.

Who can participate in the program?

Participation in the study is free and open to all K-12 schools throughout the world. At the election of the school, the grant can be used for the implementation of the Building Grit Kit for Young Readers or the Building Grit Kit for Young Adults.

What materials are needed for the Building Grit Kit program?

The program uses the book *Smack Dab in the Middle of Maybe* as a springboard for this work. If funds are needed to purchase copies of *Smack Dab*, Jo is happy to connect you with her grant-writer friend, who has volunteered to help write grants to obtain funds to purchase books. In addition, some of the activities in the Building Grit Kit can be done whether or not students have read *Smack Dab*.

What support will be provided to schools participating in the program?



The grant provides a virtual visit and ongoing consultations with Jo Watson Hackl and her team with participating faculty and students over the course of four to six weeks.

How can I apply to participate in the Building Grit Kit program?

Here's a link to the application form: <https://forms.gle/zuDsBECpmCoH5Lct9>

How will data be collected and analyzed?

Participating schools should be prepared to report data on an aggregate basis (with no individual student identifying information) on factors already collected by the school that are indicative of students' engagement before and after implementation of the Building Grit Kit. These factors include:

- ❖ Attendance and tardy rates
- ❖ Performance on standardized tests
- ❖ Homework completion rates
- ❖ Class participation
- ❖ Disciplinary referrals

Data should be collected and reported on a baseline (pre-program implementation) and after program implementation basis.

How will data be collected and analyzed?

Our data will be collected by participating schools and provided to us on an aggregated basis, with no identifying student data included. Once we have input data from individual schools into our system, it will be destroyed.

How will results be used?

We plan to compare the data of groups that received the intervention to data for groups that did not. If we see a statistically significant difference, we will report our findings in an article or scholarly paper. No participating schools will be identified unless they choose to disclose their participation.

Whom should I contact for more information about the grant?

Please reach out to Lindsay@JoHackl.com.