# Article information:

Building Grit: The Longitudinal Pathways between Mindset, Commitment, Grit, and Academic Outcomes | SpringerLink  
<https://link.springer.com/article/10.1007/s10964-019-00998-0>

# Article summary:

1. Grit, defined as passion and persistence in the pursuit of long-term goals, is an important factor related to student engagement and academic success.

2. The construct of grit is unique and integral to Finnish culture and has been associated with academic achievement and school engagement.

3. Grit has been challenged as a predictor of academic achievement due to low correlations with conscientiousness and self-regulation, but when examined as two separate dimensions (perseverance of effort and consistency of interests), perseverance of effort showed stronger correlations with academic achievement.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Building Grit: The Longitudinal Pathways between Mindset, Commitment, Grit, and Academic Outcomes" presents a comprehensive review of the literature on grit and its relationship with academic achievement. However, there are several potential biases and limitations in the article that need to be addressed.

Firstly, the article focuses primarily on the positive aspects of grit and its association with academic success. While it acknowledges some of the limitations of previous studies on grit, it fails to explore potential negative consequences of excessive focus on grit. For example, research has shown that an overemphasis on grit can lead to burnout and mental health problems among students (Leondari et al., 2020). Therefore, it is important to consider both the benefits and risks associated with promoting grit in educational settings.

Secondly, the article relies heavily on studies conducted in Western countries such as Germany and the United States. While it briefly mentions Finland's cultural emphasis on sisu (a similar concept to grit), it does not provide any empirical evidence from Finnish schools or students. This lack of diversity in samples raises questions about the generalizability of findings across different cultural contexts.

Thirdly, the article assumes a causal relationship between growth mindset, goal commitment, grit, and academic outcomes without providing sufficient evidence for these claims. While there is some evidence to suggest that these factors are related to each other and to academic success (e.g., Dweck et al., 2014), more rigorous longitudinal studies are needed to establish causality.

Finally, the article does not address potential confounding variables that may influence the relationship between grit and academic outcomes. For example, socioeconomic status (SES) has been shown to be a strong predictor of academic achievement (Sirin, 2005), but this variable is not mentioned in the article. Without controlling for SES or other relevant factors, it is difficult to draw firm conclusions about the relationship between grit and academic success.

In conclusion, while the article provides a useful overview of the literature on grit and its association with academic achievement, it is important to consider potential biases and limitations in the research. Future studies should aim to address these issues and provide a more nuanced understanding of the role of grit in educational settings.

# Topics for further research:

* Potential negative consequences of excessive focus on grit
* Lack of diversity in samples and cultural contexts
* Need for more rigorous longitudinal studies to establish causality
* Potential confounding variables that may influence the relationship between grit and academic outcomes
* Importance of considering both benefits and risks associated with promoting grit in educational settings
* Future studies should aim to address biases and limitations in the research.

# Report location:

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