

Monta Vista Character Lab

Overview

Logistics

- **Location:** D101 – Mr. Bonacorsi's classroom (subject to change if we outgrow the room)
- **Time:** Lunchtime; bring your lunch!
 - We start promptly, so packing a lunch is recommended to avoid waiting in line
 - Late arrival policy will be discussed in the first session; I want your input
- Tuesday, September 3: Introduction to the science behind Grit
- Monday, September 16
- Monday, September 30
- Tuesday, October 15
- Monday, October 28
- Tuesday, November 12

More dates may be added based on student interest!

What to Expect

- Each session builds on previous ones, but also stands alone
- Feel free to drop in or bring a friend to any session (be on time!)
- Interactive discussions and practical exercises
- Evidence-based information, real-life examples, and case studies
- Take-home challenges to reinforce learning

Resources

- Slides from each seminar will be posted at: <https://www.mvrunning.com/news/monta-vista-character-lab/>
- Recommended readings and additional resources will be provided

Get Involved!

Ready to start your character-building journey? Just show up to our first session!

Bring a friend!

Remember, developing strong character and grit can positively impact your:

- Academic performance
- Athletic achievements
- Personal relationships
- Future college and career prospects

Self-Assessment: Where Are We Now?

Perseverance Rubric: Choose the stage you feel you are in right now.	
Stage 1: Other people would tell you that I sometimes fail to do what is explicitly asked of me.	
Stage 2: Other people would tell you that I accomplish pretty much everything that is explicitly asked of me.	
Stage 3: Other people would tell you that I always accomplish what is explicitly asked of me.	
Stage 4: Other people would tell you that I hold myself to a standard that is higher than what is explicitly asked of me.	
Stage 5: Other people would tell you that I not only hold myself to a standard that is higher than what is explicitly asked of me, I also actively seek feedback on how to improve.	
Stage 6: Other people would tell you that I have an unquenchable thirst to master whatever I do so that I not only hold myself to a standard that is higher than what is explicitly asked of me, but it also manifests itself as actively seeking mastery.	

Passion Rubric: Choose the stage you feel you are in right now.	
Stage 1: I am equally interested in pretty much everything but not especially committed to any one interest.	
Stage 2: I have 2 or 3 emerging interests but am unsure how to figure out which one to pursue.	
Stage 3: I am actively figuring out what my interests are by trying one or more of them out in some way.	
Stage 4: I have an interest that I am pursuing, voluntarily devoting more than three hours of "free time" each week.	
Stage 5: I have an interest that is not only enjoyable but also aligns with my personal values.	
Stage 6: I have an interest that is central to my identity. What I do is important to who I am right now.	