Online Graduate Student Grit Strategies: Positive Mentoring Bridging Expectations, Emotional Intelligence, and Diversity Intelligence

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EVALUATE SESSIONS AND WIN

• Download and open OLC Conferences mobile app
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*Each session evaluation completed (limited to one per session) = one contest entry

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Must submit evals using the OLC Conferences mobile app or website
POSITIVE MENTORING

- Expectancy Theory
- Transformative Learning
- Self-awareness and Reflection
- Positive Psychology
- Resilience and Grit

Positive Psychology

Resilience and Grit

Self-awareness and Reflection

Transformative Learning

Expectancy Theory
Positive Mentoring

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RESILIENCE/GRIT ASSESSMENTS

• How Resilient Are You?
  • https://www.resiliencyquiz.com/index.shtml

• Grit Scale
  • http://angeladuckworth.com/grit-scale/
ADVANCING POSITIVE MENTORING

Diversity Intelligence + Emotional Intelligence + Mentor Behavior = Student Resilience and Grit
NEXT STEPS

- Self-assessment: How Emotionally Intelligent Are You?
  - [https://www.mindtools.com/pages/article/ei-quiz.htm#groups](https://www.mindtools.com/pages/article/ei-quiz.htm#groups)

- TED Talk—Grit: The Power of Passion and Perseverance
  - [https://www.ted.com/talks/grit_the_power_of_passion_and_perseverance](https://www.ted.com/talks/grit_the_power_of_passion_and_perseverance)

- Virtual Discovery Session Handout
  - Positive Mentoring Resources and Diversity Intelligence Exercise
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THANK YOU

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