Handout 4-D: Persistence Note

Session 4 · about 15 minutes

Persistence is built, not born. This handout turns one past setback into information using your three-move reframe, and gives you a one-sentence self-compassion script for next time. Pick a real setback, not a made-up one. Choose one you're comfortable thinking about.

A past setback: …

Original story: "…" → **Reframe (yet + next step + resource):** "…"

One idea from the Duckworth talk I'd keep: … **One I'd question:** …

My self-compassion script (one sentence): "…"

Notes

- **Keep it short.** A few sentences for each part is enough.
- **Where it goes next.** Your reframe and script feed section 6 ("If things go wrong") of your Personal Student Success Plan.

Options

Typed, handwritten, or a voice memo.

Worked example

A past setback: I failed my first statistics exam.

Original story: “I’m just not a math person.” → **Reframe:** “I haven’t passed a statistics exam yet. I’ll start with short practice-question sessions spread across the week, and I’ll go to tutoring before the next one.”

One idea from the Duckworth talk I’d keep: Sticking with something over a long time matters as much as how quickly I pick it up. **One I’d question:** It doesn’t say much about how circumstances, like work hours or money, make persistence harder.

My self-compassion script: “That one stung, and plenty of people fail a first stats exam. I’ll go to tutoring on Thursday.”