

RESOURCES

Books

Angela Duckworth, *GRIT: THE POWER OF PASSION AND PERSEVERANCE* (2016).

Carol S. Dweck, *MINDSET: THE NEW PSYCHOLOGY OF SUCCESS* (2016).

Milania Hogan, *GRIT, THE SECRET TO ADVANCEMENT: STORIES OF SUCCESSFUL WOMEN LAWYERS* (2018).

Fred Luthans, et al, *PSYCHOLOGICAL CAPITAL AND BEYOND* (2015).

Kristin Neff, *SELF –COMPASSION: STOP BEATING YOURSELF UP AND LEAVE INSECURITY BEHIND* (2011).

Articles

Sarah J. Adams-Schoen, *Of Old Dogs and New Tricks – Can Law Schools Really Fix Students’ Fixed Mindsets?*, 19 Legal Writing: J. Legal Writing Inst. 3 (2014).

Heather D. Baum, *Inward Bound: An Exploration of Character Development in Law School*, 39 UALR L. Rev. 25 (2016).

Kaci Bishop, *Framing Failure in the Legal Classroom: Techniques for Encouraging Growth and Resilience*, 70 Ark. L. Rev. 959 (2018).

William S. Blatt, *Teaching Emotional Intelligence to Law Students*, 15 Nev. L.J. 464 (2015).

Milana Hogan & Katherine Larkin-Wong, *Grit and Mindset*, 98 Women Lawyers J. 11 (2013).

Fred Luthans, et al, *Positive Psychological capital: measurement and relationship with performance and satisfaction*, 60 Personnel Psychology 541-572 (2007).

Fred Luthans, et al, *Psychological Capital: An Evidence-Based Positive Approach*, 4 Annual Review of Organizational Psychology and Organizational Behavior 339-366 (2017).

Margaret L. Kern & Daniel S. Bowling III, *Character Strengths and Academic Performance in Law Students*, 55 J. of Research in Personality 25 (2015).

Amy Kosterlitz, *The Four Traits of Confidence: Growth Mindset, Courage, Grit, and Self-Compassion*, 21 WOMAN ADVOC. 12 (2015).

Kevin Rand, et al, *Hope but Not Optimism, Predicts Academic Performance of Law Students Beyond Previous Academic Achievement*, 45 J. of Research in Personality 683 (2011).

Carrie Sperling & Susan Schapcott, *Fixing Students’ Fixed Mindset: Paving the Way for Meaningful Assessment*, 18 Legal Writing: J. Legal Writing Inst. 39 (2012).

Christian B. Sundquist, *Beyond the “Resiliency” and “Grit” Narrative in Legal Education: Race, Class, and Gender Considerations*, 50 J. Marshall L. Rev. 271 (2017).

Emily Zimmerman & Leah Brogan, *Grit and Legal Education*, 36 Pace L. Rev. 112 (2015).

Online

Grit – Angela Duckwoth: <https://angeladuckworth.com>; TED talk: <https://www.youtube.com/watch?v=H14bBuluwB8>

The Grit Project—American Bar Association: https://www.americanbar.org/groups/women/initiatives_awards/grit.html

Developing a Growth Mindset – Carol Dweck: <https://www.youtube.com/watch?v=hiEeMN7vbQ>

Kristin Neff – Self-Compassion: <http://self-compassion.org/>; TED and other talks

The University of Washington Resilience Lab: <http://webster.uaa.washington.edu/resilience>