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A In the late 1990s, a New York City schoolteacher named Angela Duckworth made a surprising discovery. Some of the smartest kids in her math classes were getting the lowest grades, and some of the kids with lower IQ scores[1] were getting the highest. Why was this happening?

SOLVING THE PUZZLE

B To try to solve this mystery, Duckworth entered a PhD program in psychology at the University of Pennsylvania. She began to research people in a variety of fields—salespeople, college students, army cadets,[2] and teachers in poor neighborhoods. She asked people to rate themselves using a list of statements—for example, "I finish whatever I begin." In another study, she recorded people's responses to questions such as, "Would you rather have a dollar now or two dollars tomorrow?"

C From her research, Duckworth realized that many successful people—salespeople who made the most money, or teachers who improved their students' grades the most—have similar personality traits. First of all, they have self-control—the ability to avoid distractions[3] and get things done. A person with self-control has the patience to wait for something better to happen in the future.

D In addition, Duckworth noticed that successful people have determination, or "grit." People with grit work hard and don't give up. They stay with a task even if it's hard, or if it takes a long time.

MAKING A DIFFERENCE

E Is it possible to develop self-control and grit? Duckworth believes so. One way, she suggests, is to follow the "Hard Thing" rule: Choose a skill that is hard for you, such as learning a new language, or

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playing a musical instrument. Practice it daily, even if you don't feel like it. Don't give up! To be successful, you need to stay with it. Duckworth also advises changing habits to avoid distractions. For example, put your phone away when you're studying. "Children know these tricks," she says, "but adults sometimes forget them."

To be successful at what you do, Duckworth has this advice: Decide on something you really want to achieve, and find people who will support you. You also need to practice, practice, practice. As she says in her book *Grit*, "... if you create a vision[4] for yourself and stick with it, you can make amazing things happen in your life."

[1]**IQ scores:** the results of a test that measures ability to understand and learn things
[2]**army cadets:** people who are training to become soldiers
[3]**distractions:** things that take your attention away from important tasks
[4]**vision:** an idea of the future

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THE CHARACTERISTICS OF GRIT

Angela Duckworth studied successful people and found four basic characteristics of "gritty" people.

Interest: finding something they like and developing it

Practice: spending a lot of time doing something to become better at it

Purpose: feeling that what they're doing is important

Hope: having a positive attitude about the future



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1. What did Duckworth find out in her match classes?

A. Some of the kids didn't do as well as she expected.

B. All of the kids with lower IQ scores got the high grades.

C. Most of the kids got low grades in the IQ test.

2. How many of Duckworth's studies are mentioned in the passage?

A. 1

B. 2

C. 3

D. 4

3. What did people do in Duckworth's research?

A. They took an IQ test.

B. They answered some questions.

C. They tried a study method.

4. What did Duckworth find out from her studies?

A. People who are successful are smarter than those who are not.

B. People get distracted easily when doing tests.

C. Successful people have the same qualities.

5. According to Duckworth, which personality traits are necessary to become successful?

A. determination and self-control

B. patience and ambition

C. confidence and determination

6. What is Duckworth's advice?

A. Try different skills to find the one you are good at.

B. Choose an easy skill so that you won't give up.

C. Concentrate on what you're doing.

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