

FSEM 1010**Title:** Grit and the Power of Choice in the Face of Adversity**Instructor:** Kate Johnston

Grit is the power to persevere in accomplishing a goal despite obstacles or setbacks. And, most great victory stories include some element of overcoming adversity while achieving success. This course examines the value of grit in achievement. We will also consider systemic challenges that impact access and opportunity, where grit alone isn't enough to create success. We must choose to shift our mindset and to use our personal strengths and the power of teamwork to our advantage. Our exploration in this course will surround the concept of resilience through a variety of excerpts from memoirs, biographies, and poems as well as from the common read.

Get ready to better understand your own path to persistence! Plan to examine the importance of your strengths and how you can best position yourself as a leader in collaboration with others. Interactive team building experiences, engaging class discussions, and close reading with critical thinking in a variety of disciplines will be a significant component of the course.