

## Student Wellness Wednesday: Cultivate Grit

*“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” - Harriet Tubman*

Whether you’re facing finals or approaching other academic deadlines, we encourage you to give it your all today. Consider the idea of *grit* which Professor Angela Duckworth describes in detail in her [TedTalk](#). She defines grit as “a kind of ferocious determination.” Her studies, which included West Point graduates, found those who achieved a high degree of success also possessed grit. In her talk, she explains the characteristics of grit include resilience, hard work, and focus. Take some time today to check out the talk while also checking in with yourself given these characteristics. Some questions for reflection include:

1. What does resilience (the ability to recover or bounce back) look like for where you are today?
2. What does hard work mean for you? Are you working toward your potential or someone else’s expectations?
3. How focused are you in this moment? What distractions hinder focus (which may also impact the ability to work hard)? When was the last time you really felt focused? Is it possible to learn from this experience to apply it to this moment?

As the first term comes to a close, and the next one fast approaching, work may feel unending. Yet, we encourage you to find your sense of grit to keep going!

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### JHSPH Events and Opportunities for Students

1. **Finals Week Monday, Oct 16: Free coffee, bagels and pastries from Panera** in front of the Wall of Wonder for the first 100 people, 8am-10am. Stop by for a quick pick me up before exams/classes!
2. **Doctoral Student Wellbeing Event. October 23, 2017, 12:15-1:30 PM (W4030)**. Join us for a discussion on the challenges and successes of navigating the doctoral experience. Although this event is geared toward first year students, it’s certainly open to all and is also a great way to connect with students across departments! [RSVP today!](#)

### FREE/INEXPENSIVE Local Things to Do/Events/Resources

1. [Free Fall Baltimore](#), throughout October! Over 300 free local events.
2. The [Baltimore Running Festival](#) takes place Oct 21 (note: not free, but popular among students!).

3. [Mt. Vernon Walking Tour](#) Learn more about the history of Mt. Vernon while exploring Baltimore. Next tour is on **October 29<sup>th</sup>** from **1:00 – 2:00 PM**. Meeting at: 1 W Mt Vernon Pl, West Park Baltimore, MD 21201.
4. [Maryland Historical Society Museum Tour](#). The Maryland Historical Society Museum features an extensive collection that celebrates Maryland's rich and diverse history, from 18th- and 19th-century paintings and silver to 20th-century objects of everyday life. Sign up for a guided tour **October 29<sup>th</sup>** for various times starting at 12:30 pm.
5. [Greek Food and Cultural Festival](#), Oct 27-29 The oldest Greek festival in Maryland features Greek food, games, activities, music and silent auctions in celebration of Greek culture in Maryland and Baltimore.
6. **Peabody Studio Orchestra, Tuesday Oct 31, 8 pm**. The Peabody Studio Orchestra makes its debut on Halloween, performing popular music from the movies. All concerts at Peabody are free. For more information and upcoming events, visit [Peabody's website](#).