

Search Institute’s new Perseverance Process is an evidence-based solution to one of the most pressing problems in education and youth development today: increasing the capacity of young people to persevere through distraction and difficulty to accomplish challenging tasks in school and in life. The Perseverance Process is not a new standalone program, but a framework and a set of supporting tools that schools can integrate into the work they already do with students and families. The Perseverance Process seeks to improve educational outcomes by shaping a set of student mindsets and behaviors and promoting supportive “developmental” relationships that have been shown to influence the effort students exert in school and other areas of their lives.

Over time, the effectiveness of the process will be measured through its impact on grade point averages (GPA), course failure rates, attendance rates, suspension rates, and concrete plans for post-secondary education. Because the Perseverance Process aims to influence these outcomes by changing student mindsets, behaviors, and relationships with teachers, parents, and peers, Search Institute scholars have developed the *Perseverance Survey* described here to provide valid and reliable data on those critical factors. The components of the Perseverance Process are captured in the acronym *STICK TO IT* (see box to right).

Share Sparks  
 Think Forward, Act Now  
 Increase Intelligence with Effort  
 Create a Sense of Belonging  
 Keep Moving Through Obstacles

Think About Thinking  
 Organize Life

Internalize Regulation  
 Take Stock and Take Pride

### Perseverance Survey Components

Inner Drives and Deepest Interests (“Sparks”)	Vision of and Actions to Reach Future Goals	Growth Mindset	Mental Toughness	Support and Challenge through Relationships
<ol style="list-style-type: none"> <li>Youths’ talents, interests, and goals they are passionate about (“Sparks”)</li> <li>Sparks sharing (letting others know about their sparks)</li> <li>Achievement motivation and desire to succeed</li> </ol>	<ol style="list-style-type: none"> <li>Goal-Setting</li> <li>Intentional self-regulation</li> <li>Taking initiative to reach goals</li> <li>Planning &amp; time management skills</li> <li>Sense of purpose</li> <li>Vision of possible selves/future mindedness</li> <li>Metacognition/self-evaluation</li> </ol>	<ol style="list-style-type: none"> <li>Belief in malleable intelligence</li> <li>Belief in and commitment to hard work</li> <li>Responsibility/accountability</li> <li>Openness to challenge</li> <li>Self-efficacy (general &amp; academic)</li> <li>Mastery orientation</li> </ol>	<ol style="list-style-type: none"> <li>Determination</li> <li>Ability to overcome adversity</li> <li>Positive emotions</li> <li>Acceptance of mistakes as part of learning</li> </ol>	<ol style="list-style-type: none"> <li>Experiencing developmental relationships (care, support, challenge, expansion of possibilities, and shared power in growth-enhancing relationships in the family, school, community, and peer group)</li> <li>Peer &amp; adult support for striving</li> </ol>

**Purpose:** The *Perseverance Survey* is designed to assess how much young people have the above interests, skills, values, commitments, self-perceptions, and relational supports that enable them to persevere toward valued goals. The program of research behind the *Perseverance Survey* is designed to 1) investigate the relationship of perseverance with various indicators of youth well-being, and 2) help youth, families, and organizations to use the survey as a tool to build young people’s perseverance. Roughly 75 percent of the measures in the survey come from previously used Search Institute items and scales with sound psychometric properties. Schools and youth programs that utilize the *Perseverance Survey* will also have the option of implementing the strategies and techniques of Search Institute’s new Perseverance Process, which engages young people and their families in interesting activities that strengthen young people’s habits of motivation and persistence.