RESEARCH UPDATES

LIBRARY EVENTS

September was a busy month in the Research Library! We celebrated National Library Card Sign Up Month by collaborating with the Loudoun Public Library to sign staff up for educator cards and hosted a pop-in event for students to sign up. We now have over 100 new public library users! Thank you to the classes that came in this month to learn more about the library databases, APA citations, and how to access resources available to staff and students. We are also pleased to announce the launch of our digital newspaper, Lab Notes.

LIBRARY TRIFECTA - LCPS, LCPL, AND NVCC

In addition to learning about the resources available to them at the Academies of Loudoun, the librarians from Rust Library in Leesburg spent the day with us showcasing robots from their new Maker Space and sharing how to access resources.

We also had the librarians in from NOVA’s Loudoun Campus to show dual enrollment students how to access databases and reserve library materials. Did you know that all NOVA libraries offer a Community Card?

WHAT WE’RE READING

LONG WAY DOWN by Jason Reynolds (2017)

If you have not read this book yet, then it needs to be added to your must-read list!

When Will’s older brother is Shawn is shot, he knows that he must honor The Rules of his Chicago ‘hood. It falls on his young shoulders to seek revenge for his brother’s murder. With his brother’s gun in hand, Will steps into the elevator from his 8th floor apartment and begins his descent down, a 60 second journey but which will encompass the whole novel, for on each floor, a different person will get on the elevator to share his story. These ghosts from his past have all suffered the same fate as Shawn, and their stories will help the reader understand the desperate cycle of violence in which Will is caught.

- A Newbery Honor Book.
- A Coretta Scott King Honor Book.
- A Printz Honor Book.
- Longlisted for the National Book Award for Young Adult Literature.
- Play at the Kennedy Center in October 2018
Maker Spaces
Rust, Gum Spring, and Sterling locations all have a public Maker Space with tools from digitization software, recording booths, sewing and embroidery machines, carving machines, 3-D printers, and more!

Meet Libby!
Overdrive for E-Books

Technology and Maker Tools
Safari Tech Books Online
Lynda.com

eMagazines and Newspapers
rb digital

Streaming Music
Hoopla
Freegal

Specific Teen Events
iPhoneography
Coding Club

One Book One Community

Loudoun County Public Library is thrilled to announce that All American Boys, by Jason Reynolds and Brendan Kiely, is the 2018 selection for 1book 1community. This timely and powerful novel features two narrators — one white, one black — who tell a story of police brutality and race relations.

It challenges you to consider who you are and what you stand for, making it the perfect choice for our annual community-wide book discussion. Free copies of the book will be available this fall in branches and online, at in the Research Library.

Jason and Brendan visit Loudoun County schools in December and will host a public presentation Saturday, Dec. 15, 2 p.m. at Tuscarora High School in Leesburg. Stay tuned for details!

1book 1community is made possible by the Irwin Uran Gift Fund.
TRUE GRIT: WHY IT MATTERS
WHAT IF DOING WELL IN SCHOOL – AND IN LIFE – DEPENDS MORE ON PASSION AND PERSEVERANCE THAN TALENT?
BY: FRANCES ROBERTS – LIBRARY ASSISTANT

What is grit? According to Angela Duckworth in her recent book GRIT, “Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day in, day out, not just for the week, not just for the month, but for years, and working really hard to make that future a reality. Grit is living life like it’s a marathon, not a sprint.”

In her late twenties, Duckworth left a prestigious position at the global management consulting firm McKinsey to teach math to seventh graders in New York City, San Francisco and Philadelphia. After five years, she decided to focus on psychology, obtaining a master’s in neuroscience at Oxford followed by a doctorate in psychology at the University of Pennsylvania, where she is now the Charles H. Browne Distinguished Professor of Psychology. She has advised the White House, the World Bank, NBA and NFL teams, and Fortune 500 CEOs.

Duckworth was awarded a MacArthur Fellowship, loosely known as the “genius grant,” in 2013 for her research in probing the psychology of success. After interviewing titans in business, art, athletics, journalism, academia, medicine and law, Duckworth found that the highly successful had a kind of fierce determination that played out in two ways: First, they were unusually resilient and hard working. Second, they had a clear direction in mind. They knew in a very deep way what it was they wanted.

To her surprise, one characteristic stood out above all as the most significant predictor of success. It was not social intelligence, good looks, physical health or even IQ or talent. It was grit. Duckworth cautions that we should not overestimate the power of talent and points out that many talented individuals fail to follow through on their commitments – and their potential. In fact, data has showed that grit is usually unrelated or even inversely related to measures of talent.

Duckworth has come up with two simple equations that explain how you get from talent to achievement.

\[
\text{Talent} \times \text{Effort} = \text{Skill}
\]

\[
\text{Skill} \times \text{Effort} = \text{Achievement}
\]

Talent can be defined as how fast we improve in skill. So, yes, talent matters. But, effort factors into the calculations twice, not once.

Duckworth writes, “Without effort, your talent is nothing more than your unmet potential. Without effort, your skill is nothing more than what you could have done but didn’t. With effort, talent becomes skill and, at the same time, effort makes skill productive.”
When it comes to how we might fare in this marathon of life, effort counts tremendously. Data has shown that individuals with grit rarely waste time feeling anxious or ashamed of their mistakes because they are too busy seeking feedback and trying to improve. And, not only do gritty people put in more hours than the next person, they also fill those hours with intense, undistracted focus.

Curious about how gritty you might be? Take the Grit Scale I test at https://angeladuckworth.com/grit-scale/ or click on the image of the book to find out. Read the 10 questions and check off the box on the right that makes sense. Don’t overthink the questions. To calculate your grit score, you’ll just have to add up all the points for the boxes you checked and divide by 10. The maximum score on the grit scale is 5 (extremely gritty) and the lowest possible score is 1 (not at all gritty).

---

**Check out our Digital Newspaper to see how our students are demonstrating GRIT**

---

**GROW YOUR GRIT**

**DEVELOP A FASCINATION WITH WHAT YOU ARE DOING.**

Find the questions that ignite your curiosity.

**COMMIT TO DAILY IMPROVEMENT.**

Compete with who you were yesterday.

**FIND A GREATER PURPOSE.**

Research has shown that grittier people are dramatically more motivated than others to seek a meaningful, purpose-filled life.

**ADOPT A GROWTH MINDSET.**

Scrap the theory that your abilities are fixed. Believe that challenges are an opportunity to grow your mental and physical abilities. Know that your abilities are constantly evolving and growing.

---