

CAT 125: Gritty Gumption
Dr. Pantoja (pan-toe-ha)
Spring 2019
University of California, San Diego
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MW 1-1:50 pm CENTR 119

Office: CAT Writing Studio: PCYNH 260 (inside Digital Playroom, which is PCYNH 264)

Student Hours: Weeks 1-5: Wed 2-3pm, Weeks 6-10: Mon 9:30-11am, and by appointment



“Grit is sticking with sticking with your future day in and day out, and not just for the week, not just for the month, but for years.” -Angela Lee Duckworth

Course Description:

In this public rhetoric and practical communication course we will explore the intersection between perseverance and productivity. Grit is a non-cognitive skill that typically is not taught in the classroom, but is a key component in building a growth mindset and achieving long-term goal completion. Grit is not about talent or luck, but instead

coincides with your ambitions. Gumption is the tangible and practical counterpart to grit. Gumption is resourcefulness and ingenuity, such as digital portfolio-making and public speaking. You are transitioning soon from your undergraduate years to graduate school or the workforce. How do you plan to present yourself to the world? What does an ideal week look like for you? Why is it beneficial to tailor cover letters specific to each application? How does an online portfolio convey your story? In this course, you will deliver a pitch performance, create your own network platform, and critically reflect on course topics related to the intersection of perseverance and productivity.

Learning Objectives:

- Develop presentation skills, performance strategies, and improvisation techniques to pitch, tell stories, and present work in public forum.
- Use design thinking, creativity and collaboration to expand notions of problem solving and innovation.
- Develop digital media skills for analyzing underlying arguments in media and narratives.
- Gain a toolbox of conceptual and technical strategies to author your own relevant materials for written, oral and electronic materials for communication and portfolios.

Required Texts/Technology:

- Composition Journal-UCSD Bookstore or Amazon (please bring to lecture & discussion)
- Access to the library website, TritonEd, & UCSD email

Discussion Sections:

A01	935593	MW	8-8:50AM	CENTR	218	Maya Vanderschuit
A02	935594	MW	9-9:50	CENTR	218	Maya Vanderschuit
A03	935595	MW	10-10:50AM	CENTR	218	Vanessa Teck
A04	935596	MW	11-11:50AM	CENTR	218	Vanessa Teck
A05	935597	MW	12-12:50PM	CENTR	218	Jasper Sussman
A06	935598	MW	2-2:50PM	HSS	1305	Gabriela Rubio Moreno
A07	935599	MW	3-3:50PM	HSS	1305	Gabriela Rubio Moreno
A08	935600	MW	4-4:50PM	HSS	1305	Gabriela Rubio Moreno
A09	935601	MW	5-5:50PM	HSS	1305	Cole Goodwin
A10	935602	MW	6-6:50PM	HSS	1305	Cole Goodwin
A11	935603	MW	12-12:50PM	HSS	1305	Gabriela Rubio Moreno
A12	935604	MW	2-2:50PM	CENTR	208	Jasper Sussman

Pantoja Classroom Expectations:

“We are committed to the highest standards of civility and decency toward all. We are committed to promoting and supporting a community where all people can work and learn together in an atmosphere free of abusive or demeaning treatment” ([UCSD’s Principles of Community](#)).

My classroom is a place where ideas are generated and discussed. We will not all agree on every single issue, but my expectation is that we will respect one another and think carefully about our word choice. I strive to foster a community of shared humanity where all students are appreciated and supported.

Technology is allowed in my classroom. However, if you are planning on using your computer to check social media or shop, please sit in the back of the classroom. Your internet searches may distract other students from engaging with the course material.

Course Requirements:

- Course attendance (10%). Student participation is vital to the collaborative learning process. Lectures on course content will be interactive and students are encouraged to ask questions and comment on the material. You need to be in class to participate; habitual tardiness or missing classes will dramatically reduce your participation grade. On-time attendance in lecture, section is required.
 1. Please notify your TA if you must be absent for illness or family emergency. You may miss up to three discussion classes without it affecting your grade. After that, *each additional absence deducts 1/3 of a letter grade* from your final course grade (i.e. an

A- would become a B+). Missing 6 or more classes (lecture or discussion section), will result in an *automatic fail* for the course. Excessive tardiness will also impact your grade and may be grounds for an absence. **Mandatory attendance in lecture on May 1st & May 8th.**

2. You are expected to attend [2 CAT Events](#) (Art + Tech events) during the quarter and write a response. If you attend 3 events, extra credit will be given ($\frac{1}{3}$ grade bump up on writing tips quiz). These events are a great opportunity to get out in the community and participate in culture. Failure to attend 2 CAT Events will reduce your participation by a $\frac{1}{3}$ letter grade (i.e., an A- would become a B+).
 3. You must schedule and attend at least one one-on-one short session with your TA at some point in the quarter to discuss your work, goals, and why you want to get out of the course. This is part of your participation grade. It is highly encouraged that you attend office hours regularly with your TA to get the most out of this course!
 4. Some key lectures will be posted on the course website, but not all lectures.
 5. See [CAT Policies](#) for a description of what is considered “A level” class participation.
- Course Assignments (85%).
 1. Pitch Performance and Personal Narrative (First Draft and Revised) turned in at *any* point after the beginning of class are considered late. Late papers will be marked down $\frac{1}{3}$ grade per day (beginning in class). Any draft of a paper more than one week late will not be accepted (will receive a 0 grade).
 2. Pitch Performance and Personal Narrative (including drafts) not submitted to Turnitin by midnight on due date will be reduced $\frac{1}{3}$ grade on the final draft. Papers will not be returned if there is no Turnitin submission.
 3. Word count: Please stay within the assigned word count for each assignment.
 4. Academic integrity of scholarship is essential for any academic community. The University expects that both faculty and students will honor this principle and in so doing protect the validity of University intellectual work. For students, this means that all academic work will be done by the individual to whom it is assigned, without unauthorized aid of any kind. It is your responsibility as a student to understand what the university defines as violations of academic integrity. More information is available at: <https://www.academicintegrity.ucsd.edu>. Students must submit their coursework through the TritonEd website to turnitin.com to screen for plagiarism. The UCSD [Sanctioning Guidelines](#) explain integrity offenses in greater detail.
 - In-class Quiz on Writing Mechanics (5%)-I will spend a portion of lecture (weeks 2-8) teaching practical tips for enhancing written and oral communication. On Wednesday of week 8 (May 22), you will be given an opportunity to demonstrate your understanding of this material.

Writing Experiences

- A. [Grit Weekly Reflections](#) (3% each;15% total): 300-400 words.
- B. [Pitch Performance](#) (20%)
- C. [Personal Narrative](#) (20%)
- D. [Final Portfolio: Website/Gumption #1-5](#) (30%)

GRADING BREAKDOWN:

ATTENDANCE AND PARTICIPATION	10%
GRIT REFLECTIONS (5 TOTAL-3% EACH)	15%
PITCH PERFORMANCE	20%
PERSONAL NARRATIVE	20%
WRITING MECHANICS QUIZ	5%
FINAL PORTFOLIO (MULTI-COMPONENT)	30%

IMPORTANT DATES:

Grit #1: upload to TritonEd by 11am (Fri week 1)	Apr 5
Grit #2: upload to TritonEd by 11am (Fri week 2)	Apr 12
Pitch Performance Draft due in Lecture (Mon week 3)	Apr 15
Grit #3: upload to TritonEd by 11am (Fri week 3)	Apr 19
Grit #4: upload to TritonEd by 11am (Fri week 4)	Apr 26
Pitch Performance Final draft due in lecture (Mon week 5)	Apr 29
Grit #5: upload to TritonEd by 11am (Fri week 5)	May 3
Gumption #1 : upload to TritonEd by 11am (Fri week 6)	May 10
Personal Narrative draft due in Lecture (Mon week 7)	May 13
Gumption #2: upload to TritonEd by 11am (Fri week 7)	May 17
Practical Writing Tips Quiz (Wed in lecture week 8)	May 22
Gumption #3: upload to TritonEd by 11am (Fri week 8)	May 24
Personal Narrative final draft due in Lecture (Wed Week 9)	May 29
Gumption #4: upload to TritonEd by 11am (Fri week 9)	May 31
Gumption #5: upload to TritonEd by 11 am (Fri week 10)	June 7
2 CAT Event responses due to Turnitin by 11:59 pm (Fri week 10)	June 7
Final Portfolio/Website to Turnitin by 11am (Tues Finals Week)	June 11

Peer Review, Self-Evaluation, and Reflection

Self-assessment, reflection, and collaboration are core components of the CAT program. You will do a fair amount of peer review, revision, working in groups, and reflection on your work. That is, be prepared both to receive and offer constructive criticism and re-work your writing, presentations, etc.

- Peer Review will happen regularly, so be prepared to work with your peers and offer constructive critique and receive feedback.
- Revision will be a crucial component of each major assignment. Failure to revise an assignment and/or participate in peer review will lower your final assignment grade by 1/3 a letter grade.
- Self-Evaluations and Reflections are also an integral part of this course.

Useful Resources:

- 1) Writing Resources:
 - [Hub Writing Center](#)
 - [OASIS](#)
 - Helpful Videos/Handouts-on TritonEd under “Writing Resources”
- 2) [CAT General Policies](#)

Schedule of Classes:

- This is a living document, which will continue to evolve throughout the quarter. I reserve the right to change/alter this schedule as the course progresses.
- **Please note that all readings are required and to be completed before class on the day they are assigned (unless otherwise noted).**

COURSE SCHEDULE

Week 1 Motivation & Engagement

Apr 1 Introduction

- [2018 Employer Research Report](#)
- [Key Findings from 2018 Employer Report](#)
- [Debby Carreau, “Gen Z Brings a Whole New Dynamic to the Workplace”](#)

Discussion: Team building

Apr 3 Why Grit Isn’t Everything: Character is Plural

- [Judith Shulevitz, “Grit, By Angela Duckworth” Book review](#)
- [Daniel Engber, “Is Grit Really the Key to Success?”](#)
- [David Denby, “The Limits of Grit”](#)

Discussion: Pitch Performance overview

Apr 5 **Grit #1: upload to TritonEd by 11am**

Week Two Oral Communication & Intentionality

Apr 8 Pitch performance: Know Your Audience

- [Chris Anderson, TED's Secret to Great Public Speaking](#)
- [Watch: Ignite Talks \(Pick a few\) from Matt Harding, Lee Stewart, and Mehal Shah](#)
- [Amy Cuddy, Your Body Language Shapes Who You are \(Power Poses\)](#)

Discussion: Scavenger Hunt

Apr 10 Work-life Integration: What Does an Effective Week Look Like?

- [Dorcas Cheng-Tozun, "Work-Life Balance vs. Work-Life Integration"](#)
- [Britt Joiner, "How to Develop a Highly Effective Weekly Review Ritual"](#)
- [Laura Gassner Otting, How to Carve Your Own Path And Live Your Best Life](#) (Optional Podcast)

Discussion: Pitch topic w/3 slides approved by TA

Apr 12 Grit #2: upload to TritonEd by 11am

Week 3 Assessment & Commitment

Apr 15 Predictive Outcomes: Short-term vs. long-term goal assessment (Habits & Values)

- James Clear, *Atomic Habits* (pp. 29-41)
- [Angela Duckworth, "Grit, Goals, and the Right Mindset for Success"](#)
- [Jonathan Fields, "To Succeed At Anything, Do This"](#) (optional podcast)

Discussion: Pitch Performance peer review

- [Anne Lamott, "Shitty First Drafts"](#)

Bring effective weekly calendar (however you want to organize it: paper/digital, etc.)

- [Britt Joiner, "How to Develop a Highly Effective Weekly Review Ritual"](#)

Pitch Performance Draft due in Lecture!

Apr 17 Invite Stress into Your Life: Chasing meaning involves commitment

Brain Chatter: Quieting the distracting inner-dialogue

- [James Clear, "The Evolution of Anxiety"](#)
- [Remez Sasson, "The Mental Noise and How to Overcome It"](#)
- [Rob Asghar, "How Stress and Anxiety Can Fuel Peak Performance"](#)

Discussion: UCLA meditation exercise (bring yoga mat or towel); you can either sit on your chair and meditate, or lie down on the floor

Apr 19 Grit #3: upload to TritonEd by 11am

Week 4

Primal & Raw

Apr 22 Food is Fuel: There is no substitute
Brain/gut connection

Discussion: [Return Pitch Draft](#)/The Musical Chairs Mindset

Apr 24 Recognizing Peak Performance Times: What is Your Sleep Animal?

- <https://thepowerofwhenquiz.com/>
- [Sunil Sharma and Mani Kavuru “Sleep and Metabolism: An Overview”](#)
- [Jane E. Brody, “An Underappreciated Key to College Success: Sleep”](#)
- Optional: [One More Reason to Get a Good Night's Sleep](#)

Discussion: Sleep/Food Journal; Practice Pitch in Groups

Apr 26 [Grit #4: upload to TritonEd by 11am](#)

Week 5

Presenting Yourself Online

Apr 29 What is your story? The Personal Narrative

- [Donald M. Murray, “Following the Voice of the Draft”](#)
- [UC Graduate Admissions State of Purpose Tips](#)
- [UC Graduate Admissions Personal Statement Tips](#)

[Pitch Performance Final draft and slides due in Lecture!](#)

Discussion: Pitch Performance (day 1)

May 1 Guest Lecturer: Crystal Goldman (Library Instruction Coordinator)

- [Stephanie Leary, *Beginning WordPress 3*](#)
- [Lyndsay Grant, “Life Narratives in Social Media”](#)
- [Rhetorical Situations](#)
- [UCSD CAT 125 Library Resource](#)

Discussion: Pitch Performance (day 2)

May 3 [Grit #5: upload to TritonEd by 11am](#)

Week 6

Professional Development

May 6 Presenting an Authentic Self: Resume/CV

- [Matthew Alexander Manos “Futuring Practices”](#)
- [Ian Bogost, *The Cocktail Party Test*](#)
- [Yale Resume How To](#)

Discussion: Photo session & Website check

May 8

Tips for Interviews

- [Dragon Slayer Stories](#)

Discussion: Personal Narrative work

May 10

Gumption #1 (website & photo): upload to TritonEd by 11am

Week 7

Authentic Yet Concise

May 13

Information Glut: Social Media and the Brain

- [Pew Research-Internet Usage](#)
- [Neil Postman, *Amusing Ourselves to Death*](#) (pp. 64-80)
- Thomas Laurinavicius, [“Top Web Design Trends to Watch in 2018”](#)
- [Introduction to Design Thinking](#) (Stanford Design School)

Personal Narrative draft due in Lecture!

Discussion: Personal Narrative Peer Review

May 15

Pitch Performance for Lecture

- [Oset Babur, “Talking About Failure is Crucial for Growth”](#)

Discussion: Resume/CV group work

May 17

Gumption #2 (Resume/CV): upload to TritonEd by 11am

Week 8

Curiosity & Empathy

May 20

The Magic Happens in the Revision

- [Neil Postman, *Amusing Ourselves to Death*](#) (pp. 142-154)
- [Postman Notes](#)

Discussion: cover letter group work/prepare for writing quiz

May 22

Practical Writing Tips Quiz

Discussion: **Personal Narrative Return/Feedback**

May 24

Gumption #3 (Cover Letter): upload to TritonEd by 11am

Week 9

Growing Beyond

May 27 **Memorial Holiday-No Class!**

May 29 Mindset: The One Thing that Matters
Confidence Gap video and NYT article
anxiety: world is a better place now
Manson article/chapter

Personal Narrative final draft due in Lecture!

Discussion: biography

May 31 **Gumption #4 (biography) : upload to TritonEd by 11am**

Week 10 I Thought I Could...

Jun 3 Going forward Pt. 1 “How can I grow beyond college?”

- James Clear, *The Subtle Art of Not Giving a Fuck* (pp. 147-63)
- [Adam Grant, “What Straight A Students Get Wrong”](#)
- [Tim Herrera, “Do You Keep A Failure Resume?”](#)

Discussion: website feedback/checklist

Jun 5 Going forward Pt 2-The Obstacle is the Way

- Ryan Holiday, *The Obstacle is the Way* (pp. 1-10; 87-102)
- [Kevin Granville, “How To Manage Your Career”](#)

Discussion: Present websites/CAPE

Jun 7 **Gumption #5 (creative work/research): upload to TritonEd by 11am**

2 CAT Event responses due to Turnitin by 11:59pm

Finals Week

Sun Jun 9 Submit online your CAPE evaluations for the course. Each discussion section that submits 90% of their evaluations, all students in that section will receive 1/3 grade bump up on their lowest Grit.

Tues Jun 11 CAT 125 Final Portfolio/Website Due (You will only submit an electronic link of the assignment to TritonEd by 11am). You do not need to show up in person at the slotted final time; there is not final for this course. Your Final Portfolio serves as your final.

Bibliography

Clear, James. *Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones*. London: Random House, 2018.

Dweck, Carol S. *Mindset: The New Psychology of Success*. New York: Random House, 2016.

Duckworth, Angela. *Grit: The Power of Passion and Perseverance*. New York: Scribner, 2016.

Holiday, Ryan. *The Obstacle is the Way: the Ancient Art of Turning Adversity to Advantage*. London: Profile Books, 2014.

Manson, James. *The Subtle Art of Not Giving a Fuck: A Counterintuitive Approach to Living a Good Life*. New York: Harper One, 2016.

Postman, Neil. *Amusing Ourselves to Death: Public Discourse in the Age of Show Business*. New York: Penguin Books, 1985.