Objective 5
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Grit and Self-Regulation Among Participants in Kennedy Center Career Development Programs

“...I wonder whether social-emotional learning helps talented young artists pursue their dreams? And if so, how?”

We are studying how the social-emotional learning theories work with young artists as a unique group. This study links arts research and research on social emotional learning.


Purpose
This study aims to examine opportunities for social and emotional learning through Kennedy Center career development programs.

Data collection begins on May 23, 2016

Here’s the plan!

2016
Before Program After Program
90 Student Participants

2017
Before Program After Program
135 Student Participants
135 Alumni Participants

2018
Before Program After Program
135 Student Participants
135 Alumni Participants
135 Participants’ Parents

Yearly Focus Groups & Interviews
Develop interview questions
Conduct one-on-one interviews with 8 participants from priority and competitive populations
Conduct a focus group with 12 participants from priority and competitive populations

Yearly Analysis to "Share the Story" with...
Kennedy Center staff and U.S. DOE
Kennedy Center staff, U.S.DOE, the arts education community (Conferences, Publications, Newsletters, Blogs)

Social-Emotional Learning
Process through which individuals acquire the knowledge, attitudes, and skills to:
- Recognize and manage their emotions
- Set and achieve positive goals
- Make responsible decisions
- Handle interpersonal situations effectively (Payton et al., 2000)

Grit
Perseverance and passion for long-term goals (Duckworth, Peterson, Matthews, & Kelly, 2007)

Self-Regulation
Capability to monitor and control behaviors, emotions, and thoughts, and alter them as needed in a situation (Carey et al. 2004)

Demographic Information Survey

"Short Grit Scale” sample
- I often set a goal but later choose to pursue a different one.
- I finish whatever I begin.
- Setbacks don’t discourage me.

"Short Self-Regulation Questionnaire” sample
- I can usually find several different possibilities when I want to change something.
- I usually only have to make a mistake once in order to learn from it.
- As soon as I see a problem or challenge, I start looking for possible solutions.

Program Evaluation Survey sample
- The program helped me gain insight into how to achieve my own goals.
- The program taught me how to work with other people.
- The program encouraged me to do things that are outside of my comfort zone.

We have much to learn from participants and alumni about how Kennedy Center career development programs enhance talented young artists’ social and emotional learning.