







THE MARSHMALLOW TEST



Follow up studies 20 years later found that the kids who waited for a second marshmallow:

- Had healthier body mass indexes (BMI)
- Higher educational achievement
- **Higher SAT scores**



Success



**Self-control/self-regulation and grit
are more important than talent when
predicting long term success.**

-Angela Duckworth

The Gritty Person

- ❧ *A clear goal*
- ❧ *Determination despite others' doubts*
- ❧ *Self-confidence about figuring it out*
- ❧ *Humility about knowing it doesn't come easy*
- ❧ *Persistence despite fear*
- ❧ *Patience for the small stuff that obscures the path*
- ❧ *A code of ethics they live by*
- ❧ *Flexibility in the face of roadblocks*
- ❧ *A capacity for human connection and collaboration*
- ❧ *A recognition that accepting help does not equate to weakness*
- ❧ *A focus and appreciation of each step in the journey*
- ❧ *An appreciation of other people's grit*
- ❧ *A loyalty that never sacrifices connections along the way*
- ❧ *An inner strength that brings them to their goal*

What about the kids that ate their marshmallows?



Interviewer: So for adults and kids, self-control or the ability to delay gratification is like a muscle? You can choose to flex it or not?

Dr. Walter Mischel: Yes, absolutely. That's a perfectly reasonable analogy.

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Dr. Walter Mischel: Yes, absolutely. That's a perfectly reasonable analogy.

Grit

“The gritty person approaches achievement as a marathon; his or her advantage is stamina.”





The world needs people like you.



Monta Vista Cross Country



2015 Awards Banquet

**Thank You,
Team &
Family**

Thanks to...



- ☞ All our drivers!
- ☞ Pasta hosts: Gottliebs
- ☞ Mrs. Flatow
- ☞ Boosters donors
- ☞ Every parent who came to a meet, brought snacks, cooked healthy meals for our athletes, chaperoned, drove runners to get new shoes...

Special thanks to...
Team Moms for 2015

❧ Ceci Imamura

❧ Monica Loke

...and to our fabulous
coaches....and our trainer



Jodi Johnson
Irina Stiasny
Javier Margarito

Are you
Turkey-
Trotting?

What a great year!



Some of our accomplishments

MVXC2015

- ❧ Freshman girls team second place at Earlybird!
- ❧ Varsity Girls, FS Boys, FS Girls ALL take first place at Artichoke!
- ❧ Two team podiums at Mt. SAC, two team 4th place finishes!
- ❧ Boys and girls both take first place in FUHSD—girls 5th in a row!
- ❧ Boys and girls both at CCS for 5th year in a row!
- ❧ Boys 4th place in CCS D1!
- ❧ Best boys team place at CCS since 2003!
- ❧ Girls #2 CCS D1!
- ❧ Girls team goes to State meet for the third straight year!
- ❧ **52 PRs at League Finals!**

Alumni Update

- ❧ Bridget Gottlieb-Johns Hopkins
- ❧ Sunny Shan-Mt. Holyoke College
- ❧ Kevin Bishop-Stanford
- ❧ Surafael Yared-USC
- ❧ Arvind Rao-UC San Diego
- ❧ Pearl Law-UC Irvine
- ❧ Richelle Ju-Smith College
- ❧ Emma Seyer-De Anza
- ❧ Kiersten Chuc-Carnegie-Mellon
- ❧ Nandini Chitale-UCLA
- ❧ Jenny Xu-MIT
- ❧ Rohan Choudhury-CalTech
- ❧ Isabel LaPlain-Whitman
- ❧ Julia Chang-Johns Hopkins
- ❧ Michael Lu-UC San Diego
- ❧ Zach Patti-Oberlin
- ❧ John Hsiao-Rochester Institute of Technology
- ❧ Akshay Thontakudi-Washington University of St. Louis

All De Anza League League Medalists/All League



Varsity:

Sarah Feng

Anna Hsiao

Kelly Bishop

Claire Chang

Brent Mogensen

Bennett Zhang

FSB/JVG:

Anjali Thontakudi

Mizuki Kadowaki

Serena Geis

Andy Fang

Ryan Nui

Top 15 Varsity;

Top 10 JVG and FS boys

Our State Meet Competitors



- ❧ Anna Hsiao (Senior)
- ❧ Maddie Yip (Senior)
- ❧ Namrata Subramanian (Senior)
- ❧ Kelly Bishop (Junior)
- ❧ Akshara Majjiga (Sophomore)
- ❧ Claire Chang (Freshman)
- ❧ Sarah Feng (Freshman)
- ❧ Brent Mogensen (Senior) – 4th in CCS D1

Awards



Rookie of the Year



Rookie of the Year



Andy Fang



Rookies of the Year



Sarah Feng



Claire Chang



Most Improved



Most Improved



Aidan Gottlieb



Most Improved



Aidan Gottlieb

Anna Hsiao



Most Inspirational



Most Inspirational



Andy Ma



Most Inspirational



Andy Ma



Madeleine Yip



Spirit of Running



Spirit of Running



Lucas Tao



Coaches' Awards



Coaches' Awards



Rahul Uppuluri



Coaches' Awards



Rahul Uppuluri



Akshara Majjiga



Most Outstanding



Most Outstanding



Brent Mogensen



Most Outstanding



Brent Mogensen



Kelly Bishop



Be Great!

We Get One Shot At This!

The World Needs You!



Thank You



