

Annual Letter

September 6, 2022

In this annual letter to our board, advisors, and supporters, we reflect on the past year’s achievements and look ahead to an important transition.

2022 Milestones

In the last year, Character Lab facilitated 88 studies. Here are just a few of the scientific publications—all published in top-tier journals—made possible by Character Lab Research Network:

- “[A Synergistic Mindsets Intervention Protects Adolescents From Stress](#)” was published in *Nature* by David S. Yeager, Christopher J. Bryan, James J. Gross, Jared S. Murray, Danielle Krettek Cobb, Pedro H. F. Santos, Hannah Graveling, Meghann Johnson, and Jeremy P. Jamieson.
- “[Lifting the Bar: A Relationship-Orienting Intervention Reduces Recidivism Among Children Reentering School From Juvenile Detention](#)” was published in *Psychological Science* by Gregory M. Walton, Jason A. Okonofua, Kathleen Remington Cunningham, Daniel Hurst, Andres Pinedo, Elizabeth Weitz, Juan P. Ospina, Hattie Tate, and Jennifer L. Eberhardt.
- “[The Gender Gap in Self-Promotion](#)” was published in *The Quarterly Journal of Economics* by Christine L. Exley and Judd B. Kessler.
- “[A Scalable Empathic-Mindset Intervention Reduces Group Disparities in School Suspensions](#)” was published in *Science Advances* by Jason A. Okonofua, J. Parker Goyer, Constance A. Lindsay, Johnetta Haugabrook, and Gregory M. Walton.

We shared actionable advice with thousands and thousands of parents and educators:

- [Angela appeared on CBS Mornings](#) to discuss Character Lab’s [Tips of the Week](#).
- Angela presented at the SXSW Edu Panel on “[Infrastructure for the Future of Education R&D](#).”
- We partnered with TED-Ed, which is producing short animated videos inspired by our Playbooks and Tips of the Week. Watch the first video about [honesty here](#).
- We partnered with Kellogg’s to showcase our gratitude, kindness, honesty, and purpose Playbooks on the back of Corn Flakes cereal boxes this fall.

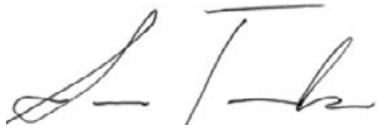
We welcomed Bridget Terry Long, Jim Shelton, and Piyush Tantia as new [Character Lab board members](#). And we thanked Erica and Feroz Dewan for their service as founding board members.

Looking Ahead

And after six successful years at Character Lab, Executive Director Sean Talamas has decided it's time to pass the baton to the next visionary leader. Sean and his wife Emily are looking forward to a personal milestone this fall: welcoming their first child.

To create space for the next leader, Angela changed her official title from CEO to chief scientist and board member. The CEO [search](#) is ongoing—with a target of selecting and onboarding our new leader by the end of 2022.

With grit and gratitude,

A handwritten signature in black ink, appearing to read 'S. Talamas', with a stylized, cursive script.

Sean Talamas

Executive Director

A handwritten signature in black ink, appearing to read 'Angela Duckworth', with a bold, cursive script.

Angela Duckworth

Co-Founder, Chief Scientist, and Board Member