

David Meketon has served in numerous roles in the School District of Philadelphia including Student Support Coordinator, Dean of Students, and Assistant Principal at the J.R. Masterman High School. He has taught philosophy, English, and history. He has been the recipient of a number of awards including: The Rose Lindenbaum Improvement of Education Teacher Award, Finalist in the School District of Philadelphia Teacher of the Year Recognition and, was a Fulbright Teacher Exchange Fellow.

Meketon has also served as a facilitator with “A Gathering of Men” a community based anti-recidivism initiative in the Pennsylvania State Correction System. He serves on the board of Reconstruction Incorporated, a capacity building organization for rebuilding communities. He has also served as a campaign manager for a state-wide political campaign.

He currently works as the school based research liaison with Angela Duckworth at the University of Pennsylvania. He has worked with Duckworth on various projects for more than eleven years. His wife, Bridget Flynn, has been a librarian for 32 years and has been a school librarian for more than 25 years. David and Bridget were participants in the Great Books discussion program for many years.

The Duckworth Lab focuses on two traits that predict success in life: grit and self-control. Grit is the tendency to sustain interest in and effort toward very long-term goals. Self-control is the voluntary regulation of behavioral, emotional, and attentional impulses in the presence of momentarily gratifying temptations or diversions. On average, individuals who are gritty are more self-controlled, but the correlation between these two traits is not perfect: some individuals are paragons of grit but not self-control, and some exceptionally well-regulated individuals are not especially gritty. While we haven't fully worked out how these two traits are related, it seems that an important distinction has to do with timescale. They study character strengths in school age children. The most recent project involves measuring gratitude, actively open minded thinking, self-control, grit, and purpose.