

Quitting Isn't Failure—It's Strategy

Harvard expert reveals why stepping away is key to long-term success

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Learning to quit is a form of perseverance

Core Thesis

In her new book, journalist Lindsay Crouse argues that quitting is not the opposite of perseverance, but a disciplined form of it.

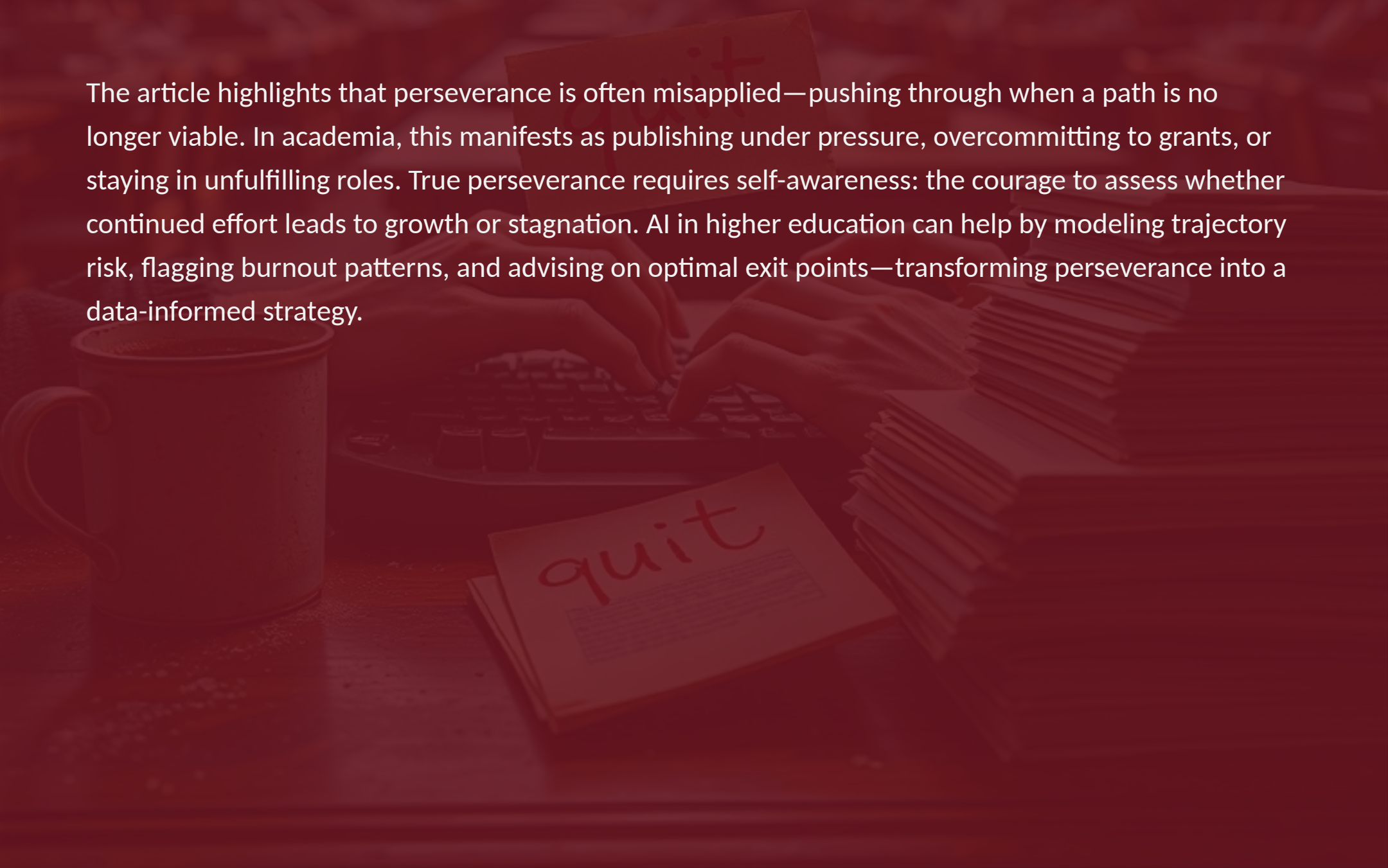
This reframing challenges the cultural myth that endurance alone defines achievement. In higher education, where tenure-track pressures and research burnout are rampant, the ability to recognize when to disengage is not weakness—it's a cognitive and emotional discipline. The most resilient scholars are those who know when to pivot, not just persist.



01

Perseverance Is a Skill, Not a Default

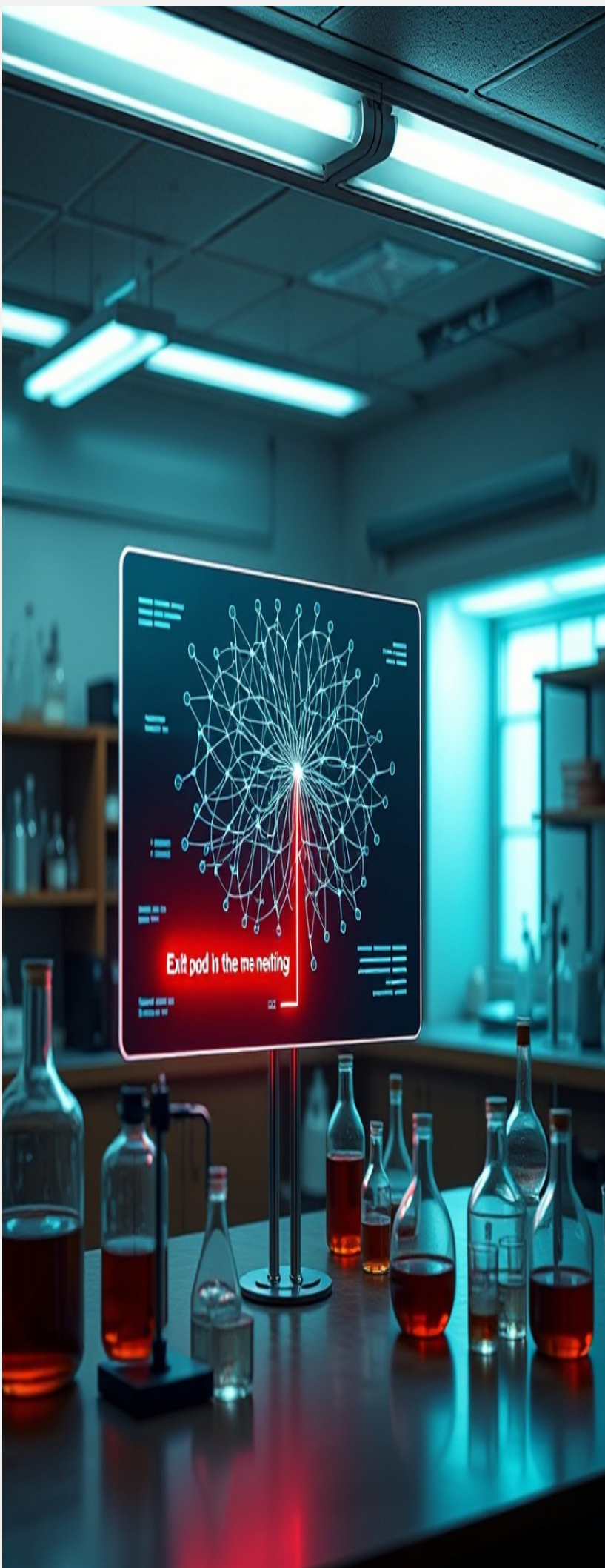
The article highlights that perseverance is often misapplied—pushing through when a path is no longer viable. In academia, this manifests as publishing under pressure, overcommitting to grants, or staying in unfulfilling roles. True perseverance requires self-awareness: the courage to assess whether continued effort leads to growth or stagnation. AI in higher education can help by modeling trajectory risk, flagging burnout patterns, and advising on optimal exit points—transforming perseverance into a data-informed strategy.



02

Women's Resilience Isn't Always Liberation

Crouse notes that women's high capacity for endurance—often praised as resilience—can be exploited in academia, where long hours and emotional labor go uncompensated. The same *sisu* that enables women to persist through hardship may also trap them in systems that reward suffering over innovation. AI tools can help identify these patterns in workload distribution, promotion lags, and emotional toll metrics, enabling institutions to redesign structures that honor perseverance without demanding self-sacrifice.



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