How do we define success?
Do we have to make a choice between play, success and happiness?

What does the “Right” College Get You?
The ability to overcome adversity

The capacity to bounce back

Resilience is a mindset
Resilience is Uneven

Resilience is NOT invulnerability
Resilience is NOT a character trait

It is affected by supports and circumstances!!

The bottom line

• Young people will be more resilient if the important adults in their lives believe in them unconditionally and hold them to high expectations

• Young people live up or down to the expectations we set for them
How do we love our children without conditions, but still hold them to high expectations?
Where do I set the bar?

The 7 C’s of Resilience

1. Confidence
2. Competence
3. Connection
4. Character
5. Contribution
6. Coping
7. Control

References: Little, 1993; Pitman et al., 2003; Eccles & Gootman, 2002; Roth & Brooks-Gunn 2003; Lerner, 2004; Ginsburg, 2006; Frankowski, Leader & Duncan, 2009.
The importance of Connection can not be overstated...

- Family
- School
- Community

Connection 101
Why does it feel like our connection is challenged during adolescence?

Listening
Perfectionism: A Challenge to both Resilience and Success

(And Why an Unrealistic Bar is Harmful)

What is Perfectionism?

And … why isn’t is a good thing?
Self Loathing
Fear of the B+
Fear of the “D” word
No “out-of-the-box” thought
The death of creativity
Resents constructive feedback

Learning how to fail and recover
The Lies You Don’t Want to Buy Into

- The SAT’s will pave the way…
- You have to be good at everything…
- Just put it off…

Don’t say “just try your best”

- Victims of a toxic society
- What do we praise…or notice?
- Desire to spare us
Choosing to Know Your Child:
The Greatest Gift You Can Give BOTH of You

High expectations are about your child being his or her best person

Learning to build a high achiever

- Letting young people make mistakes
- Praising effort rather than results
- Building Spikes – Celebrating Unevenness
Not all perfectionists are perfect

Your Long Term Goal:
Building a Healthy Adult
Your Short Term Goal:

Having Your Child Love Learning

Your Medium Term Goal:

Having Your Child Find the Right Academic Match That Will Foster Love of Learning
How do we protect our children while letting them learn life lessons?

Preparation is Protection
Competence and Confidence

Finding Competence…
…Building Competence
Learning Not to Undermine Competence

- Talking in a way ALL young people understand
- Recognizing the cognitive development of adolescence
- No more lectures!!!!!!

How much control?
Effective Monitoring
A Strategy to Build Long-Term Interdependence: Offering Independence One Step at a Time
Consider Temperament and Developmental Needs

Listen and Invite Youth to Develop a Plan

Generate a Roadmap of Mastery

Independence is Earned through Displaying Responsibility

**Stress and Coping**
Resilience

- Is about learning to cope, in a positive way with life’s inevitable stressors

- We might do our greatest good by raising youth with a wide repertoire of positive coping strategies
Defining the Stressor

- Distinguishing Paper Tigers from Real Tigers
- Knowing When Bad Things are Temporary
- Knowing When Good Things are Permanent

Coping

Engagement vs. Disengagement

Emotion Focused vs. Problem Focused
A Stress Management Plan for Teens

(It Might Just Work For You)

Shhhhh … It is a Great Way to Build a College Resume

Stress Management: Tackling the Problem

1. Making the problem manageable
2. Active Avoidance
3. Let some things go
Serenity Prayer

Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Stress Management:
Taking Care of my Body

4. Exercise

Fear

Anger
Stress Management:
Taking Care of my Body

5. Relaxation
6. Nutrition

Stress Management:
Taking Care of my Body

7. Sleep
- Stimulation
- Cool Down
  - Exercise
  - Shower
- Release Emotions
Stress Management: Managing Emotions

8. Instant Vacations

9. Releasing Emotions

The worst thing is not to be stressed … it is to be NUMB
Stress Management: Making the World Better

10. Contributing to the world

When Resilience Reaches Its Limits

- Physical symptoms
- Fatigue
- Disinterest
- Dropping grades
- Sad mood
- Irritability/anger
- Substance use
When Your Tolerance Reaches Its Limits

- Falling Back in Love
- Catching Your Kid Being Good
- Holding to the Highest Expectation
- Honoring Your Spouse/Partner

The Greatest Gift You Can Give Your Child
Fosteringresilience.com