

**Authentic Success:
Raising Children and Adolescents
Who are Prepared to THRIVE**

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How do we define
success?

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

What does the "Right" College Get
You?

Resilience



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; Pittman 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 it 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:

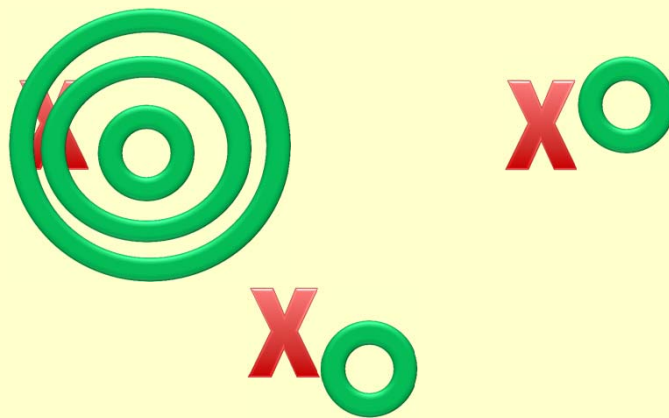
**Having Your Child Find
the Right Academic
Match That Will Foster
Love of Learning**

**How do we protect our children
while letting them learn life
lessons?**

Preparation is Protection

Competence and Confidence

Finding Competence...
...Building Competence



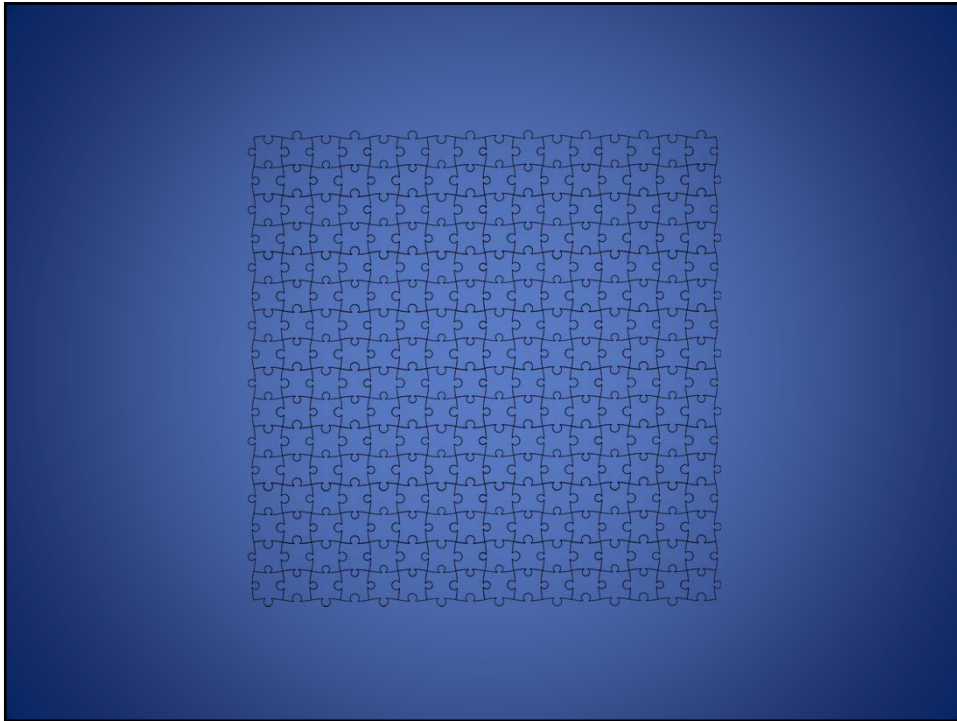
Learning Not to Undermine Competence

- 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**

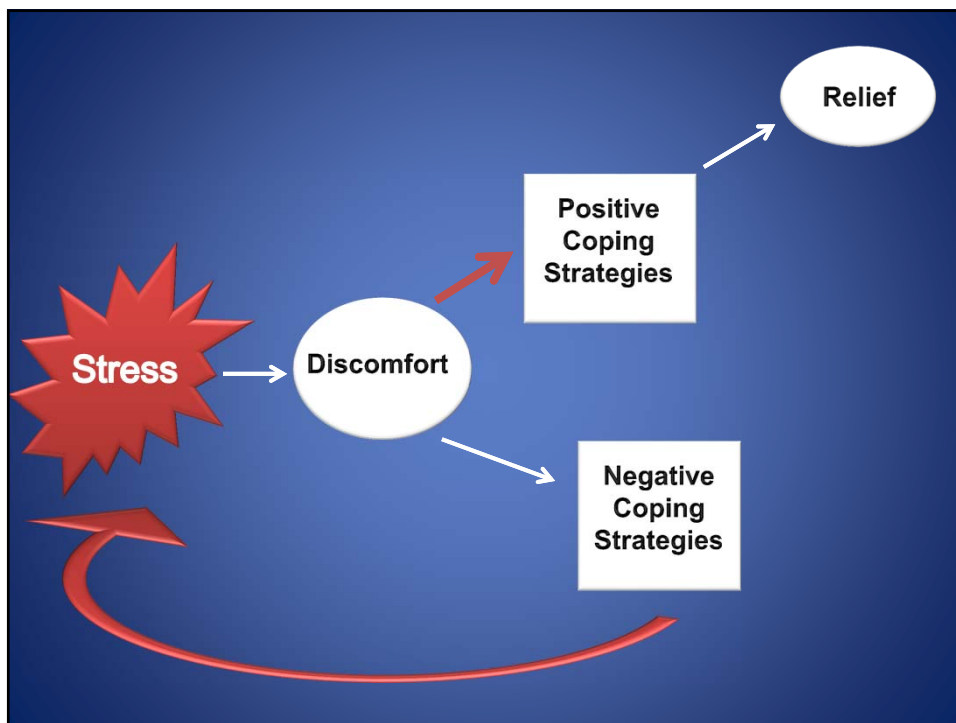




Stress and Coping

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**

