


*If At First  
You Don't Succeed . . .*

Encouraging Resilience and  
Perseverance in Children and Teens

---

Katherine Koonce, M.Ed.  
Learning About Learning Series  
February 17, 2012



---

---

---

---


---

---

---

---

Learning to fail successfully . . .




Nephew learning to ride a bike.

Resilience = being able to learn  
from failure experiences

How do we model resilience and  
perseverance?

Poker chips and learning.



---

---

---

---

---

---


---

---

What's really happening. . .

. . . when children have difficulty being resilient  
or persevering?

Temperament  
Expectations  
Charged Emotion  
Environment  
Distractions are Everywhere!



---

---

---

---

---

---

---

---

## Perfectionism vs. Excellence

- Working toward but never arriving
  - Like "north"
  - Mistakes important in pursuing excellence
- How does your family define excellence?
  - What happens at success/failure?
  - The language of praise
  - Celebrating the process as well as the outcome



---

---

---

---

---

---

---

## When is stress good? and When is praise bad?

When does **stress** motivate and when does it paralyze?



When does **praise** motivate and when does it paralyze?

---

---

---

---

---

---

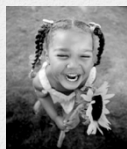
---

## Self-esteem vs. Self-respect

Self-esteem: thinking highly of oneself



Self-respect: having a true view of oneself



Beware the "wind-aided run"

---

---

---

---

---

---

---

## The Lessons of Choice



Parenting in the present

Difficulties making choices



Laws of sowing and reaping

---

---

---

---

---

---

---

---

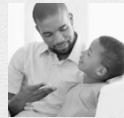
## Teaching / Conveying Empathy

Empathy vs. sympathy



Rewriting negative scripts

Teaching empathy



---

---

---

---

---

---

---

---

## Taking healthy risks

Risk-taking essential to the learning process

Effective interpersonal skills

Nurturing their "islands of competence"



---

---

---

---

---

---

---

---

### The Mindset of the Parent Who Fosters Resilience in Children

1. Be empathetic but not necessarily sympathetic.
2. Communicate effectively and listening actively.
3. Change the "negative scripts".
4. Actively appreciate your children.
5. Help your children to set challenging but reasonable goals



---

---

---

---

---

---

---

### The Mindset of the Parent Who Fosters Resilience in Children



6. Help your children see their "islands of competence".
7. Talk about how mistakes can help you learn.
8. Provide your children opportunities to contribute.
9. Let them solve problems and make decisions.
10. Discipline in a way that promotes self-discipline and self-respect.

---

---

---

---

---

---

---

### Recommended Reading

- *Raising Resilient Children* by Robert Brooks
- *Raising an Emotionally Intelligent Child* by John Gottman
- *Raising Emotionally Intelligent Teenagers* by Maurice Elias, Steven Tobias and Brian Friedlander
- *Nurturing Resilience in Our Children* by Robert Brooks and Sam Goldstein

---

---

---

---

---

---

---