

Healthy Students, Healthy Schools



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Why parents matter

1. Your perceptions of your child's ability can be more important to his/her beliefs than the child's past performances
2. Kids are more likely to seek your advice (compared to peers or other adults) about:
 - School
 - Career
 - Long-Term Goals

Why parents matter

3. Parents' goals and parenting styles are significantly related to:

- Academic performance
- Motivation
- Self-reliance
- Sense of competence
- Internalizing disorders

4. Parents' goals are consistently one of the most significant predictors of:

- Emotional well-being
- Physical health
- Academic-related stress

Success Box

What do adolescents often believe they need to do or have in order to be successful?

Get A's

Give the "right" answers

Outperform others

Excel in multiple areas

Meet expectations of parents and teachers

Take AP or Honors Classes

Get into a "top" college

Work Hard

Participate

What often gets left out of this definition of success?

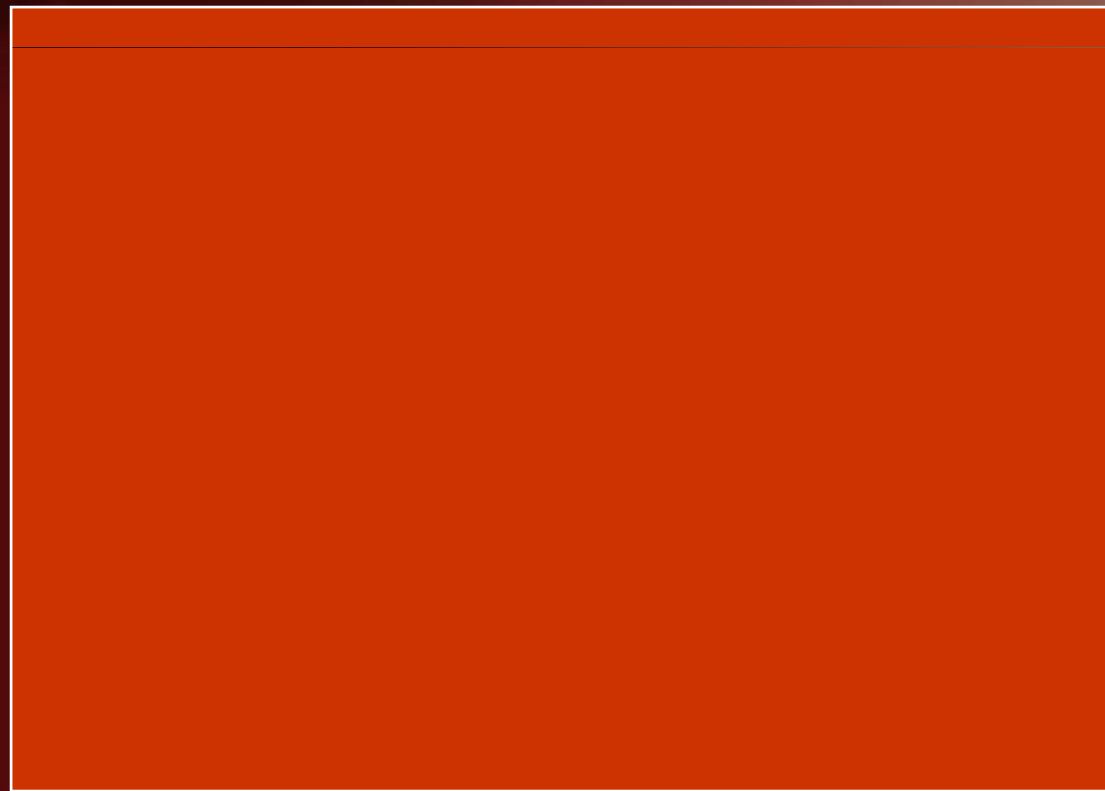
Emotional
and
Physical
Health

Integrity

Engagement

Learning

Balance



Creativity
and
Innovation

Persistence

Challenge-
Seeking

Strong sense
of self

What drives this definition of success?

- American culture – “Keeping up with the Jones’s”
- College Admissions
- Peers and Self
- Parents
- Homework

The “Millennials”

- Sheltered and highly scheduled
- Encouraged to excel
- Required to meet higher achievement standards than previous generations

Millennials “feel a ‘trophy kid’ pressure to excel”.*

Howe, N. (2005). Harnessing the power of Millennials: New education strategies for a confident achieving youth generation. *School Administrator*, 62(8), 18-22

De-Emphasizing Achievement – The Why

- Lack of Risk-Taking, Lack of Persistence, Avoidance of Challenge
- Disinterest / Boredom
- Feeling that no matter how good you are you can never be good enough
- Cheating
- Anxiety, Fear of Failure
- Poorer academic performance
- *Poorer Physical Health*
- *Poorer Mental Health*

De-Emphasizing Achievement – The Why

- **Students' perceptions of parents as performance goal focused predicts:**
 - Higher internalizing symptoms
 - Higher externalizing symptoms
 - More stress-related physical symptoms
- **Students' perceptions that they can meet their parents expectations predicts:**
 - Lower internalizing symptoms
 - Lower externalizing symptoms
 - Fewer stress-related physical symptoms

De-Emphasizing Achievement – The How

- **Help instill sense of mastery:**
 - It's not how well you're doing; It's what you're doing (Alfie Kohn)
- **Teach intelligence/ability as malleable trait (Carol Dweck)**
- **Consider the implicit and explicit ways you indicate what it means to be successful**
- **When the time is right, help broaden the definition of a "good" college.**

Finding Balance

- **Examine the daily schedule**
 - 3 hours or more of homework per night is not okay
 - Select one or two extracurricular activities
 - Leisure or downtime?
- **Make course and extracurricular choices based on...**
 - Interest
 - Optimal challenge
 - Whole child development (consideration of extracurricular schedule, family and social time)
- **Ensure time for family dinners and family activities (*no TV, no cell phones*)**
- **Encourage weekend and breaks as time off from schoolwork**
- **Be a model for your kids**