

SEL. Be. My. Best.

Social Emotional Learning is the process humans go through to learn how to understand and manage our emotions. SEL is made up of the knowledge, attitudes, and skills we need to develop a healthy identity, meet goals, feel, demonstrate empathy, foster strong relationships and more. Perseverance is an SEL competency necessary for success in life.

Perseverance

Some people call it GRIT; some call it a growth mindset. No matter what you call it, our students need to learn perseverance.

Perseverance is the ability to keep going when things are tough, persisting in a course of action despite obstacles. It's also steadfastness in doing something despite difficulty or delay in achieving success.

Even if students don't achieve or master something right away, they can keep persevering toward their goals. Building SEL skills such as perseverance require face-to-face interaction, meaningful discussion, and reflection.

We can help by.

Teaching time management and goal setting. Help your child identify the steps needed to reach their goals.

Use language that connects high performance and success with hard work, determination, and persistence.

Resist blaming students for a lack of perseverance; instead, work on improving relevancy and engagement in activities.

Make sure the technology you use doesn't take the place of, but instead supplements, face-to-face interaction when at home.

Perseverance is all about doing things that may not come easy right away. Like riding a bike, practising sports skills, and trying a musical instrument. In the community, perseverance can mean trying out for a team or reaching out as a volunteer. In the classroom, it is working independently towards the completion of tasks, addressing challenges and implementing solutions and supporting others in their learning.

Understanding it's OK to make mistakes and taking the time to finish work shows perseverance. On the other hand, quitting teams or only trying new things exhibits a fixed mindset or does not show perseverance.

We have learned that showing perseverance can be demonstrated by setting goals and sticking with them despite challenges and setbacks. Help your child come up with goals they would like to achieve. What are some strategies or things needed to achieve this goal?

Encourage positive self-talk and mindfulness

Praise effort and process, not intelligence.



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Put failures and mistakes into a growth perspective,

Have students choose a personal encouraging phrase or select an inspiring image.

Give your students the chance to struggle.

We used to believe that telling kids they were smart would boost their self-confidence and academic performance. But studies now show that this kind of praise can discourage students' perseverance by suggesting effort is less important to success than intelligence.

To help them learn perseverance praise students for completing difficult tasks and focus on the hard they tried. Be specific in complementing the process they used to tackle their tasks such as breaking large goals into smaller tasks. To reinforce the growth mindset, point out how their abilities are growing through their hard work.

Some students, especially perfectionists have an excessive fear of failure. They avoid it by giving up on subjects or activities that don't come easily. Other students mistakenly equate a failure to a lack of intelligence or talent taking needless hits to their self-esteem.

Your reaction to failure can make a powerful impact. When your student or child faces setbacks, explain that failure is an expected part of the learning process that helps build intelligence and stamina. Taking a matter of fact approach, encourage your child to analyse what went wrong, seek out where needed, and try, to try again.

As teachers and parents, we can be tempted to rush in to help when you see them struggling with an assignment or problem. But the struggle is essential to building self-confidence independence and perseverance. Resist the urge to intervene immediately thereby allowing time to figure it out on their own. You can always intervene later if you see that struggle becoming unproductive or too frustrating.

In trying these approaches you can help your child grow in tenacity and focus on building character traits that contribute to success in school in a career with the bonus that when the students do obtain success after struggling, the victory is all theirs.

Yours sincerely,



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