Authentic Success

HOW TO SUPPORT OUR CHILDREN REACH THEIR POTENTIAL?

G. Julie Xie, Ph.D.
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Agenda

• What is Authentic Success for education?
• Factors behind Authentic Success
• How to help our children cultivate those factors?
What is Success?
What is SUCCESS?

- Sample Hopkins Students’ Top 2 Opinions
  - Accomplish your goals 34%
  - Be happy or satisfied with yourself 21%

Top 2 Reported Parents’ Opinions
- Earn good grades, A’s preferred 26%
- Get a job with strong earning potential 20%
How Narrow Definitions of Success Adversely Affect Our Children?
62% --- always or almost always work hard in school.

10% --- always or almost always enjoy schoolwork.

59% --- cheated on a test during the last year.

34% --- have done it more than twice.

**Source:** Josephson Institute Center for Youth Ethics. (2010). Josephson Institute of Ethics’ report card on American youth’s values and actions.
- Teens need 8 to 10 hours of sleep each night.

- 80% of teens don’t get the recommended amount of sleep.

- 54% of females

- 32% of males

in Bay Area high schools reported 3 or more symptoms of physical stress in the past month

1,400 IHS students surveyed

54%: moderate to severe symptoms of depression

80%: moderate to severe symptoms of anxiety

Is the Drive for Success Making Our Kids Sick?

01/2016 New York Times
- 73% of students listed academic stress as their number one reason for using drugs.

- Only 7% of parents believe teens might use drugs to deal with stress.

Source: Partnership for a Drug-Free America (2008)
1 in 5 students at Cornell and Princeton report purposely injuring themselves by cutting, burning, or other methods.

1 in 6: seriously considered suicide
1 in 13: attempted suicide
1 in 38: attempt required medical attention

2013 Study by the CDC on students in Grades 9 through 12
https://www.afsp.org/understanding-suicide/facts-and-figures
Suicides at Harvard

- 18.18 per 100,000 counting enrolled undergraduates
- 24.24 per 100,000 when those taking a leave of absence are included

(Average for college students: 6.18/100,000)

-- Harvard Crimson
<table>
<thead>
<tr>
<th>University</th>
<th>4 Years</th>
<th>6 Years</th>
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<tbody>
<tr>
<td>UC Berkeley</td>
<td>68.9%</td>
<td>91.1%</td>
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<tr>
<td>UCLA</td>
<td>68.0%</td>
<td>89.8%</td>
</tr>
<tr>
<td>UC Davis</td>
<td>51.2%</td>
<td>82.3%</td>
</tr>
<tr>
<td>UC San Diego</td>
<td>56.8%</td>
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<td>Uni. Of Chicago</td>
<td>86.5%</td>
<td>92.9%</td>
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<tr>
<td>Stanford</td>
<td>78.4%</td>
<td>94.7%</td>
</tr>
<tr>
<td>UPenn</td>
<td>88.6%</td>
<td>95.5%</td>
</tr>
<tr>
<td>Harvard</td>
<td>87.1%</td>
<td>97.4%</td>
</tr>
</tbody>
</table>
What Leads to Success?
Is it IQ?

Genetic Studies of Genius

(Terman Study of the Gifted)

- The longest longitudinal study started at Stanford in 1921
- 1528 children with IQ over 130
- As adults, majority participants pursued common occupations “as humble as typist and filing clerk”
- “At any rate, intellect and achievement are far from perfectly correlated.”
Is it GPA?

14-year longitudinal study on 81 Valedictorians in Illinois

- 46 female, 35 male
- Average GPA in colleges 3.6
- Most work in conventional careers as accountants, physicians, lawyers, engineers, nurses and teachers.
- “Never been devoted to a single area in which they put all their passion”

Is it a prestigious college?

Colleges of the last 25 American Nobel Laureates in Chemistry

- City College of New York
- Stanford
- Univ. of Dayton, Ohio
- Rollins College, Florida
- MIT
- Grinnell College
- McGill University
- GIT
- Rice University
- University of Nebraska
- Harvard University
- Berea College
- Augsburg College
- University of MA
- Washington State Uni.
- University of Florida
- UC Riverside
- Hope College
- Ohio Wesleyan Uni.
- Brigham Young Uni.
- Dartmouth College
What are other factors correlating stronger with success?
Habit for Success

6th Grade
- Actively engages and contributes to learning
- Approaches challenges using a variety of strategies
- Demonstrates effort in academic work
- Prepares and uses effective time management and organizational skills to produce quality work
- Shows perseverance and initiate
- Returns completed assignments on time
- Works independently
Soft Factors of Success in Education:  
-- from school administrators

- **Good study skills**
- **Confidence**
- **Critical thinking skills**
- **Social and communication skills**
What’s valued at workplace?

- Work ethic
- Teamwork and collaboration skills
- Oral and written communication skills
- Critical thinking and problem-solving skills

(Department of Labor, 2007)
Warm childhood relationship with mothers earned an average of $87,000 more a year.

Warm childhood relationship with fathers correlated with increased “life satisfaction” at age 75.
College Admission:
The finish line of grade school education
What is Harvard Asking for?

-- Do you have a direction yet? What motivates you?
-- Do you have initiative? Are you a self-starter?

-- Where will you be in 1 year? 5 years? 25 years?
-- Will you contribute something, somewhere, somehow?

-- What sort of human being are you now?
-- What sort of human being will you be in the future?

https://college.harvard.edu/admissions/application-process/what-we-look
What is Princeton Looking For?

-- Intellectual curiosity
-- Who makes a difference in school/community
-- Tell us your job or responsibility at home
-- What do you care about?
-- What commitments have you made?
-- What have you done to act on commitments?

http://www.princeton.edu/admission/applyingforadmission/requirements/
What is MIT Asking For in Recommendations?

-- What motivates or excites him/her?

-- How did he/she react to disappointment and failure?

-- A willingness to take intellectual risks and go beyond the normal classroom experience?
Common App: essay prompts

• Recount an incident or time when you experienced failure. How did it affect you, and what lessons did you learn?

• Reflect on a time when you challenged a belief or idea.

• An accomplishment or event, formal or informal, that marked your transition from childhood to adulthood.
Why do they ask those questions?
Self-Discipline: Twice as accurate as IQ in predicting students’ GPA

(Martin Seligman & Angela Duckworth, 2005)
Grit: What makes people successful

A combination of perseverance and passion that leads to relentless pursuit of goals.

How Children Succeed: Grit, Curiosity, and the Hidden Power of Character

Grit
Self-control
Zest
Social Intelligence
Gratitude
Optimism
Curiosity

(Paul Tough, 2013)
8 win-factors distinct to successful people:

- Self-awareness
- Motivation
- Focus
- Emotional Balance
- Memory
- Resilience
- Adaptability
- Brain Care

*The Winner's Brain: 8 Strategies Great Minds Use to Achieve Success* (Da Capo Press, 2010).
Character: “A set of abilities or strengths that you can learn and practice, cultivating those representing a reliable path to a happy and fulfilling life.”

How could we help our children cultivate those factors?
1. To Understand Our Children

- Linguistic intelligence
- Logical-mathematical
- Musical intelligence
- Bodily-kinesthetic
- Spatial intelligence
- Interpersonal intelligence
- Intrapersonal intelligence
- Naturalist intelligence

*Frames of Mind: The Theory of Multiple Intelligences.*  
Howard Gardner, Ph.D. (1983)
“If you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

— Albert Einstein
Raising children .. was far more than just fixing what was wrong with them. It was about identifying and amplifying their strengths and virtues, and helping them find the niche where they can live these positive traits to the fullest.

-- Martin E. P. Seligman, Ph.D., UPenn
Understand Brain Development

Understand

Stage of Development

13-19

Identity vs. Role Confusion
Maslow’s Hierarchy of Needs (1954)

- Physiological Needs
- Safety
- Belonging and Love
- Esteem
- Self-Actualization
2. Family support and cohesion, especially good communication

- How they look at themselves?
- How they interpret the happenings around them?
- How they interact with others?

--Build Positive Memories
How are Dolphins trained?
Emotional Regulation

-- ABC (Adversity-Belief-Consequence)

-- Resilience: Learn from failures
What Kind of Mindset Do You Have?

**Growth Mindset**
- I can learn anything I want to.
- When I’m frustrated, I persevere.
- I want to challenge myself.
- When I fail, I learn.
- Tell me I try hard.
- If you succeed, I’m inspired.
- My effort and attitude determine everything.

**Fixed Mindset**
- I’m either good at it, or I’m not.
- When I’m frustrated, I give up.
- I don’t like to be challenged.
- When I fail, I’m no good.
- Tell me I’m smart.
- If you succeed, I feel threatened.
- My abilities determine everything.
3. Encourage Healthy Living Habit

- 8 to 10 hours of sleep each night to function best.

- Regular Exercise
  - Releases endorphins
  - Reduce stress
  - Boost self-esteem
  - Improve sleep
4. Peer support, close social network, School and community connectedness

How could schools help?

- Climate of care
- Project and problem based learning
- Meaningful assignments
- Authentic assessment
- Honor engagement and integrity in learning

(www.challengesuccess.org)
Students are more motivated:

- when the task has interest or value to them;
- when they feel competent enough to complete the task at hand;
- when they see a direct link between their actions and an outcome;
- when completing the task brings social rewards
Build responsibility at home and in the community

Ease performance pressure & debunk college myths

Maintain down time and family time.

Challenge Success Stanford University (2009)
2 Rules of Parenting Advice:
-- Carol Dweck, Ph.D., Stanford University

- Pay attention to what your children are fascinated by

- Praise them for their effort
The best gift parents can give to children

- to teach children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.

-- by Carol Dweck, Ph.D., Stanford University
Education is what remains after one has forgotten what one has learned in school.

~Albert Einstein
CHILDREN LEARN WHAT THEY LIVE

- If children live with criticism, they learn to condemn
- If children live with shame, they learn to feel guilty
- If children live with encouragement, they learn confidence
- If children live with tolerance, they learn patience
- If children live with praise, they learn appreciation
- If children live with acceptance, they learn to love
- If children live with kindness and consideration, they learn respect
- If children live with security, they learn to have faith in themselves

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Reference


How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success (Henry Holt and Co., 2015)


Thank You