

29th World Summit on

POSITIVE PSYCHOLOGY, MINDFULNESS AND PSYCHOTHERAPY

May 21-22, 2018 | New York, USA

The keys to teen success: Increasing grit, self-control, and a positive mind set

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Setting and reaching goals is an important part of growing up. When it comes to doing well in school, making friends, coping with challenging feelings, or excelling in extracurricular activities like sports and the arts— teens need grit in order to succeed. Made popular by Angela Duckworth in her New York Times bestseller, grit is the ability to stick with things over the long-term and to view obstacles as challenges to overcome rather than reasons to quit. Dr Angela Duckworth has found that the secret to outstanding achievement is not talent, but a focused persistence called grit. It can be especially hard for teens to be gritty. Living in a world of constant distractions, high stakes and pressure, and with parents who often hover or tune out, today's teens often struggle to set and accomplish long-term goals and overcome obstacles. Thus, teens can uniquely benefit from becoming grittier. Using the skills outlined in this talk, participants will learn how to help teens develop an optimistic mind-set, embrace challenges, manage stress, and make grit a habit. Studies show that grit isn't something you have to be born with—it can be taught and learned! The workshop will be hands on, interactive, and skill-based, allowing participants to walk away with actual strategies they can use with teens. These strategies are built upon the latest research emerging in the fields of cognitive-behavioural and positive psychology, as well as her clinical experience.

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