

Depressed, Angry and Defiant

Effective Strategies For Managing
Classrooms and Creating Schools That
Nurture and Grow Developing Minds

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Disclosure

- Paid speaker.
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Goals

- Appreciate the mindset of all students including those that struggle.
- Understand resilience theory and its application in the classroom.
- Shift your mindset about working with disruptive students.

The purpose of life is to prepare
the next generation for their
future.

Survival of the Species

- Salmon and snakes are born with sufficient instincts to survive.
- Bear cubs require at least one or two years with their mother to insure survival.
- Higher primates require three or four years.
- Humans require at least ten years.

Why are so many more children in the river, and how did they get there?

There is an inflation of stress and risk facing our children. Not surprisingly there is also an inflation of mental illness.

Resilience

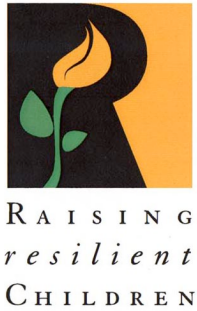
- A process leading to good outcome despite high risk
- The ability to function competently under stress
- The ability to recover from trauma and adversity

“I’m not afraid about my girlfriends and myself, we’ll squeeze through somehow, though I’m not too certain about my math.”

Anne Frank
June 21, 1942

“I have lots of courage, I feel so strong and as if I can bear a great deal, I feel so free and so young! I was glad when I first realized it, because I don't think I shall easily bow down before the blows that inevitably come to everyone.”

Anne Frank
July 15, 1944



Most Powerful Predictors of a Resilient Child

- Easy temperament
- Consistent family relationships
- Competent caregivers
- Development of self-esteem
- A sense of emotional security

Predictors of Resilience in Maltreated Children

- Positive self-esteem
- Ego resiliency
- Self-reliance
- Self-confidence
- Relationship features more important for non-maltreated children

The solution to this epidemic of troubled youth must be systemic, involving the medical, mental health and educational professions.

Educational Principles

- Thorough assessment
- A collaborative mindset
- Join the youth's journey
- Build trust
- Accept egocentrism
- Find areas of common ground
- Listen for misconceptions

Educational Principles

- Be objective but fair
- Include members of the youth's social system
- Chase the affect
- Separate affect from cognition
- Play dumb
- Avoid blame
- Model thinking and behaving styles
- Pick accomplishable goals

To be a *charismatic adult* and nurture hope and resilience, we must understand and reinforce the components of a *resilient mindset* in children and teens.

Resilient children are comfortable and appreciate that others truly care about them and can be of support and help.

Resilient children recognize the boundaries of their control and focus their energy on these areas of control, acting proactively.

Resilient children develop competence in effective problem solving and decision making. They are flexible in reaching goals through multiple means.

Resilient children possess and develop self-control and self-discipline.

Resilient children believe they can contribute to and make a positive difference in the world.

Resilient children possess islands of competence or strengths that define their identity.

Resilient children can deal effectively with mistakes and failure.

Stress Hardiness

- Committed to finding a meaningful purpose in life.
- A belief that you can influence your surroundings and outcome of events,
- A belief that you can learn and grow from both positive and negative life experiences.

Five Strategies To Foster a Resilient Mindset

- Teach empathy by practicing empathy.
- Teach responsibility by encouraging contributions.
- Teach decision making and problem solving skills that foster self-discipline.
- Offer encouragement and positive feedback.
- Help children deal with mistakes.

Teach Empathy By Practicing Empathy

- Are we saying or acting in a way that our children will be responsive to hearing us?
- Would we want anyone to speak to us the way we speak to our children?
- How would our children describe us at various times?
- How would we want our children to describe us?

Teach Empathy By Practicing Empathy

- Listen
- Validate
- Avoid preaching and lecturing
- Avoid judgments and accusations
- Put yourself in their shoes
- Change your negative scripts

Teach Responsibility By Encouraging Contributions

- Provide ample opportunity
- Focus on existing success
- Build islands of competence
- Allow the opportunity to witness concrete examples of success

Teach Decision Making and Problem Solving Skills That Reinforce Self-Discipline

- What's my problem?
- What solutions are available?
- Which solution is the best?
- How can I implement each step of the solution?
- How did I do?

Offer Encouragement and Positive Feedback

- Become a charismatic adult
- Provide realistic appreciation
- Focus on building rather than tearing down
- Be available

Help Children Deal With Mistakes

- The fear of mistakes is a strong roadblock to developing a resilient mindset
- Mistakes are opportunities to learn
- Model the benefits of mistakes

The Mindset of a Resilient Student

- Optimistic and hopeful.
- Feel special and appreciated in the eyes of others.
- Set realistic goals and expectations.
- View mistakes, hardships and obstacles as challenges.
- Solve problems and make decisions.
- Internal locus of control.
- Believe and set out to solve problems.
- Possess empathy.

**ADOPT A LEARNING TO
SWIM MINDSET!**

Focus on Well Being!

- COMPETENCE in academic, social and vocational areas
- CONFIDENCE or a positive identity
- CONNECTIONS or healthy relations
- CHARACTER or positive values, integrity, and values
- CARING and compassion

(Lerner et al, 2000)

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