

Perseverance: Refusing to give up when life gets hard.

Before we talk about helping young people refuse to give up when life gets hard, it is important to note that there are times when giving up and quitting/releasing something are not the same. To be a trusted adult means to help your child know when and how to not finish something just as much as it means encouraging them to stick with it.

When you determine, along with your child, that the time is right to step away from something, the next step is to determine how to do it correctly. Allowing your student to take the lead and speak with the adult in charge, explain the reasons for stepping away, and then be supportive of the team or activity will help them build a skill they will most definitely need later in life.

CONVERSATIONS ABOUT PERSEVERANCE:

For parent reflection:

- How is perseverance modeled to your child?
- What messages does your child get about sticking with tough things from adults in their life?
- How can you help your child practice persevering?
- Where do you need to persevere in your life?

If you or your child have determined that sticking with it is the right way to go, the next thing to figure out how to work through the hard times. It might be that your child needs help dealing with frustration, or that they simply don't enjoy the task at hand. Whatever it is, this is the part when your child needs a cheerleader. You can be that support system, or you can have another adult in their life help provide encouragement.

This month is also a great time for you to think about how you can be supported when you need to persevere. What gets you off track - and who can you engage to help you get back on and keep going?

With your child:

- When is it easy to persevere?
- When do you have trouble persevering?
- What is one thing you wish you wouldn't have quit in the past? What is something you might have stuck with too long?
- How might perseverance be a skill you would need in the future - in high school, the military, college or in a career?

PERSEVERANCE

may 2022

Refusing to give up when life gets hard

WEEK ONE: What is perseverance?

Perseverance stares trouble and difficulty in the face and keeps going. Perseverance knows that the payoff is worth more than the effort. As we end the year, there's no better way to get refocused on what matters in order to finish strong.

WEEK TWO: Accountability

Sometimes, we need more than willpower to keep us pushing forward when things get tough. Having a level of accountability (a person, a system, or whatever!) to help you stay checked in can help when you want to bail on something difficult.

WEEK THREE: How do I keep going when I don't want to?

This season is hard – tests to take, decisions to make, goodbyes to say, finales and ends at every turn. It feels like it might be easier to close our eyes and coast through whatever's left. This week, we check in with Dr. Beth for some advice on how to finish strong, even when we'd rather quit.

WEEK FOUR: Create Your Own

As the year wraps up, it's the perfect time to reflect on what you have learned and make a plan for what's next. This year you have studied tons of awesome character traits. But now it's time for you to decide what you will focus on this summer!