

PERSEVERANCE

Parent Resource

What is perseverance?

Perseverance means continuing to try even when things are hard.

As your child gets older, it is important for him or her to continue to develop the perseverance to achieve his or her goals.

In grades nine through twelve, children begin or continue:

- ✓ Setting personal goals and implementing strategies and monitoring progress to achieve those goals.
- ✓ Analyzing the importance of character and working consistently toward long-term goals.
- ✓ Finding multiple solutions to solve problems.

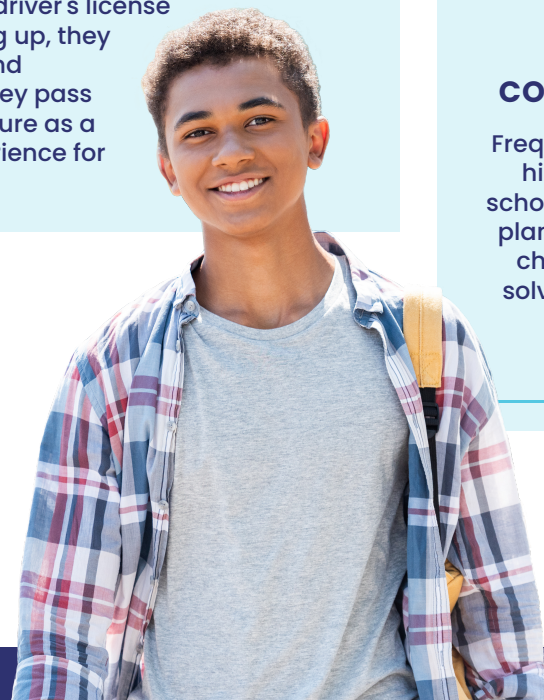
Below is a way you can help your child learn, practice and demonstrate perseverance:

EXPLAIN THE IMPORTANCE OF BEING CHALLENGED

Explain to your child the importance of looking at challenges as temporary setbacks and not insurmountable obstacles. For example, a teen not passing his or her driver's license exam. Instead of giving up, they could prepare more and continue trying until they pass the exam. Reframe failure as a positive learning experience for the future.



BY ENCOURAGING YOUR CHILD TO PERSEVERE, YOU ARE HELPING HIM OR HER DEVELOP THE NECESSARY SKILLS TO ACHIEVE HIS OR HER GOALS.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Evaluate strategies that assist with managing challenges or setbacks.



Formulate a plan that includes strengths, needs and risks to attain a personal goal.



DINNER TABLE CONVERSATION STARTER

Frequently discuss with your child his or her plans for after high school and the steps to refine their plans. Does your child anticipate challenges? Discuss a plan to solve these challenges together and the importance of perseverance.