

## Karen Gordon - April 22, 2014

- Most kids not auditory learners but our system is 90% auditory
- boys think not cool to be good in school
- more than 3 hrs tv more likely to dev learning problems (passive entertaining)
- boys who can't resist computer games so worse off than peers
- multitasking is not more efficient
- Can't change generation but need to be able to increase our power to influence

### 4 types of teens (Determining factors: Ability, Discipline, Direction):

Achiever - high ability, high discipline, may lack direction

Go getter - struggle in school, high discipline high direction

Coaster - have natural ability, low discipline, lack direction

Dreamer - low natural ability, no discipline, low direction

### 4 parenting styles:

Sergeant- strict boundaries, rarely negotiates, focus on grades  
( kids either become an over achiever under achiever)

Over functioner- parent does all the work, give too much, often exhausted and frustrated with teen

(Kids become under achiever)

Under functioner- teen acts more like a parent, has there own problem, emotionally unavailable

Safe- loving and mom judgemental, partner not a manager, focused on what they can control, provides a healthy structure, focus on teens character (Loving but firm)

(Your choice of style may be diff. for each of your children.)

We want our kids to have a strong character (inside). When we talk to our kids we need to think about whether we want to address character (internal) or achievement (external).

Eg. Asking about report card - kids can't control mark (given by teachers) but they can control their effort. We can ask "What grade would you give on your effort?" Reminder boy vs girl examples.

### Strategies to motivate kids (3A's):

#### Attitude -

1) challenge perception

focus on big picture and dev character, focus on what you can control, redefine what success is

2) don't over or under function, engage them " how can I be a support to you? What can I do that is helpful? What so I do that is not helpful?

Story - her parents never asked for report card and only asked her if she did her 100% best

Let your kids fail, part of the process. Own their choices.

#### Ability -

*Visual/Auditory/Kinesthetic* learners

Test: ask them to recall what they wore on first day of school, who was their teacher, who did they first talk to.

Watch eyes!!

Look up = Visual

Side to side = Auditory

Down to ground = Kinesthetic

3) understand how your kids learn, help them maximize their learning style

4) talk with your kids about simple creative ways they can maximize learning style

*Visual* - have them make friends with smart kids and copy their notes, chalkboards/make drawings, acronyms , pictures and metaphors, sit at front of class

*Kinesthetic* - sit at front of class, have a pen paper on hand/doodle, game: play the teacher and teach your parents, go for extra help - show teacher what you know

*Auditory* - self explained!

**Atmosphere -**

Teens must have an efficient schedule - including downtime.

What is most effective time?

7am Get up, 8am-3pm school, 3-4pmrelax, 4-6pm FOCUS time, 6-7pmdinner, 7-10 free time, bedtime 10pm

6) affirm their effort

7) inspirational bedroom, what impacts their moods and motivation, partner with them to make their rm be inspirational yet functional

- ✓ Get kids to strive for excellence and not perfection.
- ✓ Failure is data, information to help you go forward
- ✓ Kids go to peers for superficial things, parents for big stuff

✓ Compare yourself to yourself not other people

Dare to dream - July 2014 ages 6-8, 9-12

Careers - 4 evening webinar May 8-9:30 (4 parts) reg on website  
[dkleadership.org](http://dkleadership.org)