



**How to Succeed at LASA**

PFLASA Wellness Presentation, Fall 2016

Meagan Butler & Marissa Rivera

**Success**

**Mindset:** The lens through which we frame successes and failures.

- **Carol Dweck:** Stanford Psychology professor who conducted research about people’s beliefs about intelligence.
- **Lisa Blackwell:** Columbia University professor who conducted [longitudinal study](#) of how mindset affected secondary students.

Research by both Dweck and Blackwell has indicated that a **growth mindset** has a positive impact on learning and performance, as opposed to a **fixed mindset**.

	<b>Growth Mindset</b>	<b>Fixed Mindset</b>
<b>Success is defined by:</b>	<ul style="list-style-type: none"> <li>• Effort</li> <li>• Curiosity</li> <li>• Learning</li> <li>• Persistence</li> </ul> <p><i>Ex.: “I did well on the test because I studied and learned from past mistakes.”</i></p>	<ul style="list-style-type: none"> <li>• Innate intelligence and abilities.</li> <li>• Expending effort is stigmatized. If you’re smart, you shouldn’t have to work hard.</li> </ul> <p><i>Ex.: “I did well on the test because I’m smart.”</i></p>
<b>Failure is defined by:</b>	<ul style="list-style-type: none"> <li>• Opportunity</li> </ul> <p><i>Ex.: “I bombed that test, but now I know what I need to work on.”</i></p>	<ul style="list-style-type: none"> <li>• Innate inability and inadequacy</li> </ul> <p><i>Ex.: “I bombed that math test because I’m just not a math person.”</i></p>

- Students who adopt a **growth mindset** are more likely to ask for help, remain motivated, and have agency in their education.
- Observe how you and your child speak about successes and failures. Is it language that encourages learning opportunities? (see <https://www.mindsetworks.com/parents/growth-mindset-parenting> for tips)



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### Goals, Values, and Identities:

- Adolescence is when your child begins to explore their identity and values.
- A person's identity and their value system have a large impact on the goals they make for themselves.
- As a teen explores their identity and values, those identities and values may differ from those of your family and/or culture.
  - This is a normal part of development and prepares your teen for adulthood.
  - Open, non-judgmental conversations about what **your child** values can help clarify their goals and a path to those goals.

## Academic Success

- **Be responsible for your own education.**
  - Take the lead! Be your own advocate, but don't be afraid to ask for help if you don't know where to start.
  - What are **YOU** interested in learning?
  - **Ask for help early and often.** The most successful students practice this every day.
  - Seek out an adult who you feel comfortable talking to: teachers, Counselors, Admin, Parents, etc.
  - It's ok to ask for extensions (but please do so in advance...not the day/night before).
- **Share your goals with others.**
  - Someone else might share your goal, you might find out about new resources, or you may have advice to offer someone else.
  - Is your goal sustainable?
- **Chooses classes that are right for you, not because they look good on a resume or raise your status among peers.**
  - Make learning the goal.
  - This may mean being in a class that challenges you, or taking a class that is taught differently than another class.
  - AVOID language and choices that reflect "GPA-boosting".
- **Use office hours and tutoring.**
  - If you're unsure about a teacher's office hours, check their [website](#) or ask them.
  - Teachers may also be able to help you find peer tutors and/or study groups.
  - **Ask specific questions.**
    - If you're having trouble identifying a specific question, try explaining the concept to someone else. The point at which you stumble while explaining a concept is a good indicator of where you may need help.
  - Again...ask teachers for help **early and often.** Ideally, before the end of the 6-weeks is near.
- **Make peace with failure.**
  - Accept failures as a learning opportunity and come back with a specific, realistic goal.



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### Academic Success (cont.)

- **When studying/doing homework...**
  - Pace yourself!
    - For instance, if you have 3 projects due during the same week, start doing a little bit of each project in advance rather than trying to complete the entirety of all 3 projects the weekend before they are all due.
  - Find a time management strategy that works well for you!
    - Planners and calendars are very helpful.
    - Use your device for good! There are a ton of apps out there to send you reminders and keep you organized. Ask a counselor for suggestions.
    - Ask a Counselor for help if you want ideas on how to organize and manage your time.
  - Plan
    - Estimate how much time large projects are going to take.
  - PRIORITIZE
    - What really matters?
    - What's due?
    - When is it due?
    - How much is it worth?
  - Take \*timed\* breaks.
    - The 40/10 rule is a good place to start. Invest a solid 40 minutes into studying, then take a 10 minute break...grab a snack, stretch, do something relaxing...then return to your work for another 40 minutes, and repeat.
  - Watch your use of technology!
    - Close all social media apps.
    - Turn your phone on silent and place it in a different room.
    - There are a few [chrome extensions](#) that can help keep you focused by blocking distracting websites for a period of time.
- **ACTIVE Study Methods:**
  - Quizlet
  - Creating problems/study guides/quizlets...**not** just memorizing information.
  - Find an environment/study niche that works for you.
    - Where do you focus best?
    - Do you study better alone or with others?
    - What time of day are you more productive?
  - Talk it out.
    - Explain a concept to a peer/teacher/parent.
  - Color-Coding Information
  - Go to office hours and use FIT to get work done during the day.
  - Ask your teacher about peer tutors.



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### Personal Success

- **Perfectionism and Pressure**
  - Being a perfectionist is *\*not\** a bad thing. However, allowing your perfectionism to override learning can put unneeded pressure and stress on you. *Learn to let it go sometimes.*
  - Learn to identify what are realistic goals. Unsure if your goal is realistic? Ask for help!
  - Comparing yourself to others is not helpful.
    - LASA students excel at putting on a mask and pretending everything is ok.
    - When you're looking at someone else and wondering how they have it together, often times they're looking at you and thinking the same thing.
- **Priorities**
  - Shift priorities when needed in order to maintain a balanced lifestyle.
    - **Learn to say "NO" and listen to yourself.**
    - Is it absolutely necessary to attend a club meeting? Or would that time be better used to practice self-care and/or get caught up on academics? Your answers in that scenario may change depending on what your priority is that week...and that's ok!
- **SLEEP**
  - Your health should always be a priority. You may stay up past your bedtime every now and then, but it should not be a regular occurrence.
  - **6 hours (OR MORE!) is ideal.**
    - Research indicates that getting less than 6hrs of sleep can greatly increase your vulnerability to depression and anxiety.
  - Your health is number 1!!
- **Stress Management**
  - Managing stress takes practice; learning what helps and what doesn't is a process, but not one you have to do alone. Seek help from Counselors, Parents, and Teachers if you want ideas on how to practice self-care.
  - Self-care is a must! Your Wellness Counselors have lots of ideas that don't take a lot of time/money.
- **Advocate for Yourself**
  - Speak up! Sometimes it can be difficult to tell if someone is stressed out if they don't let someone know they need help.
  - If you know you have a tough week ahead of you, let your teachers know so they can help you figure out if there's a way to reschedule assignments/quizzes so you're not overloaded with work. BUT...you must do this in advance, not the day before or day of something is due.



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### Social Success

- **Join/Start a Club!**
  - What change do you want to make in the world/community/LASA?
  - Try out as many as you want.
  - Pick clubs based on interests and passions, not because they're popular or you think might look good on a resume (quality vs quantity).
  - Can't find a club you like? Make a new club! All it takes is 3 students and a faculty sponsor.
  - It's ok to drop out of a club or attend meetings irregularly!
- **Find a Mentor**
  - Teachers and Counselors will be the people writing your recommendation letters. Get to know them!
  - Is there a Teacher or Counselor that is passionate about something you'd like to learn more about? Or do they teach a class you're curious about? Talk to them! Get to know them! Teachers and Counselors are teachers and counselors because they like sharing knowledge.
- **Build Relationships**
  - Start with 1 or 2 friends, then branch out.
  - Changing friend groups throughout the year or your time at LASA is **normal**. It's ok to lean in/lean out of friend groups.
  - Don't talk about school all the time!
  - In college and the professional world, networking is a very important skill to have. Practice networking by having conversations with people that share the same passions, or that have really different experiences than you.
  - Group work can be a good opportunity to practice social/interpersonal skills (networking).
- **Compare Less**
  - Define "social success" by having friends **you** want to spend time with; not people that you think will make you more popular.
  - Who are **you** happiest spending time with?
  - Everyone has different paths and strengths. Comparing yourself to anyone else is an inefficient use of your time and can hinder your learning experience.
  - Celebrate and accept your quirks!
- **Say "No"**
  - Don't overcommit your time! It's important to learn how to say "no" so you can stay focused on your own personal wellness and goals.
  - If you're ever unsure how to say "no" to something or someone, ask a Counselor/Parent/Teacher for advice.