

**How to Succeed at LASA**  
**Wellness Panel Discussion**  
**Liberal Arts and Science Academy- Fall 2016**

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***Give specific examples for each of these questions:***

1. What are examples of how your child has succeeded in each of these areas?
2. How does your child(ren) define success in each of these areas?
3. How do you define success in each of these areas?

ACADEMIC

SOCIAL

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PERSONAL

## **Resources**

### **Websites:**

- LASA Clubs and Organizations: [www.lasahighschool.com](http://www.lasahighschool.com) > Students > Clubs and Organizations
- LASA Guidance and Counseling: [www.lasahighschool.com](http://www.lasahighschool.com) > Contact Us > Guidance and Counseling
- LASA Teacher Pages: [www.lasahighschool.com](http://www.lasahighschool.com) > Contact Us > LASA Teachers
- Mindset Works: <https://www.mindsetworks.com/parents/growth-mindset-parenting>

### **Books:**

- *Mindset: The New Psychology of Success*, Carol Dweck (2007)
- *I'd Listen to My Parents if They'd Just Shutup: What to Say and Not Say When Parenting Teens*, Anthony Wolf (2011)
- *Brainstorm: The Power and Purpose of The Teenage Brain*, Daniel Siegel (2015)

### **TEDtalks:**

*Growth Mindset* (Carol Dweck):

[https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)

*Mindset & Success* (Eduardo Briceño)

<https://www.youtube.com/watch?v=pN34FNbOKXc>

*Grit* (Angela Duckworth):

[https://www.ted.com/talks/angela\\_lee\\_duckworth\\_the\\_key\\_to\\_success\\_grit](https://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit)

### **Articles:**

LASA Pinterest: <https://www.pinterest.com/supercolliderfi/clippings-for-high-school-parents/>

*How Not to Talk to Your Kids: The Inverse Power of Praise*

<http://my.ilstu.edu/~czimmer/psy215/praise.pdf>