

# Staying positive

- Help your young person to have the courage to step out of their comfort zone.
- Research suggests that individuals are quite bad at predicting future behaviours, often the best intentions fall to the wayside. Helping your young person harness their energy and plan for obstacles they might face is key in creating independent learners.
- Encourage your young person to learn from their mistakes, when something goes wrong frame this positively and consider what can be done next time to create the outcome they wanted.
- Frame discussions around school positively. Using language like ‘...isn’t a maths person’ can be harmful. Set the bar high to raise aspirations and expectations.
- Keep goals challenging and realistic as well as process-focused. For example, don’t just focus on an upcoming test, focus on the steps that a young person will take in preparing for this...one step at a time!
- Walking! If young people feel bogged down in a task encourage a short break from this, a walk outside can allow time for a person to ‘re-frame’ a task and approach it from a more productive angle.
- Develop resilience in your young person by managing their expectations around revision and exams. Revision is hard work, but this hard work IS rewarded! Exams will be stressful, it is highly unlikely that a young person will sit an exam with no stress!
- Support your young person to respond to all of the feedback that their teachers give them. This is expert guidance on what needs to be done to help them perform better – encourage positive responses to this and celebrate changes following young people taking feedback onboard.
- Promote positive self-talk – when planning and preparing for tasks encourage young people to talk positively through this. E.g. ‘I’m going to do well here, I can do this because...’ Having a healthy, positive self-narrative can have a huge positive impact!
- Reduce stress by removing uncertainty. Sometimes the ambiguity of not knowing what is going to happen is the biggest cause of stress, sometimes worse than the worst case scenario. Aim to reduce this by breaking scenarios into manageable steps. Discussing these one at a time.
- When children are seen by their parents as being more special or more entitled than other children, they may internalise the view that they are superior individuals, a view that is the core of narcissism. However, when children are treated by their parents with affection and appreciation, they may internalise the view that they are valuable individuals, a view that is at the core of self-esteem.

