

Encouraging Achievement: Challenge, Persistence and Responsibility

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Typical Mindsets Which May Lead to Underachievement

1. Expectation of the 'Easy A'
2. "Aren't you supposed to entertain us?"
3. Failure and mistakes are 'No-No's'
4. The 'Buy Now, Pay Later' syndrome
5. It isn't cool to be an achiever

Strategies for Encouraging Achievement in Unchallenged Students:

1. Do specific career or college counseling.
2. Capitalize on your students' interest in sports by using sports analogies to help them understand the concepts of goal setting, long range planning, effort and persistence.
3. Help students plan, adjust and reflect on long range assignments.
4. Expose your gifted and high ability students to others throughout the district or state via academic competitions, academic fairs, club affiliations, etc.
5. Praise students for their persistence and effort rather than for their intelligence and / or how smart they are. (Dr. Carol Dweck study)
6. Discuss the worst case scenario and then go beyond it.
7. Assess and teach basic academic skills – don't assume gifted students already know them.
8. Assess your students' abilities in organization and study skills, and have a plan for teaching these skills. Many gifted students, especially those in middle school, have not developed these skills
9. Use motivational quotes about failure as starters for journal writing, short stories, creative writing, reflective thinking, etc.
10. Have students share examples of people who have overcome fear and anxiety in literature, films and current events.

Encouraging Responsibility: Strategies for Success

1. Spell out clear expectations to students and parents. Enforce classroom rules.
2. Teach and model responsible behavior.
3. Discourage the "Parent-to-the Rescue" syndrome.
4. Allow gifted students to be part of making decisions that will affect their lives. This teaches responsibility at an early age.
5. Encourage parents to assign daily chores for their children to do at home.
6. Recommend that high school students work at a job no more than 20 hours a week.

Recommended Resources from Pieces of Learning

Becoming an Achiever: A Student Guide by Carolyn Coil


Encouraging Achievement by Carolyn Coil

Motivating Underachievers: 220 Strategies for Success by Carolyn Coil

Smart Studying by Frischknecht & Schroeder

Visit our conference **Exhibit Booth** or order online at www.piecesoflearning.com
To schedule Carolyn for a workshop at your school, call Emily at 1-800-729-5137

What Can You Learn from the World of Sports?

 Below are 10 ideas and concepts used in sports to encourage top performance. They are also very useful for other parts of life. Write your ideas about how these could apply to your life in school or at home.

1. Show up for practice and for the main event.
2. Know where you're heading and know what the goal is.
3. Have several game plans, not just one.
4. Don't count on the one thing that is the least likely to occur.
5. Work toward small goals (short-term goals) to reach larger goals.
6. Practice skills before the big performance.
7. Don't give up because you get a penalty or make a mistake.
8. Figure out what you want to accomplish and then plan backwards.
9. Have a coach and have people who cheer you on.
10. Work as a team to get things done.



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Record of Work for Product or Performance

Date	Work Planned	Work Actually Done	Adjustments to Plan for next day	Reflections on my work (Difficulties, strengths, surprises)
Monday	Find books and other information on the topic at home and at the library.	Found one book at home. My mom couldn't take me to the library.	Now I need to go to the library tomorrow.	My mom was too busy and she is making me get behind. I wish I could drive.
Tuesday	Take notes from all sources. See what's on the Internet that I could use.	Went to the library and found a book and 2 news articles. Surfing the Internet but didn't see anything useful.	I need to work on the notes tomorrow.	I saw a lot of cool stuff on the Net but nothing that will help me with this report and project.
Wednesday	Begin writing rough draft. Plan visuals to go with written report.	Took notes from the books. Started making a collage.	I want to do the whole rough draft tomorrow.	My collage is good. It is turning out better than I thought. But I wish the rough draft was finished.
Thursday	Finish rough draft. Ask someone to proofread. Work on visuals.	Finished the collage.	Now I have to do the rough draft and the final report this weekend.	I hate homework on weekends. I leave the stuff I don't like to do until the last minute.
Weekend	Do final report. Finish visuals. Put together in folder.	Rough draft done. My dad proofread it. I got my folder and decorated it.	I have to do the whole final written report on Monday night.	I wish this assignment was done. My collage is the best!
Monday	Check to make sure everything is ready to be turned in tomorrow.	Written report finished. Everything is in a folder.	I am ready to turn this in.	I'm glad the teacher made us plan a "cushion day" in our projected work plan. That is the only reason this will be turned in on time.

Failure

It's written in big, bold letters so you wouldn't miss it. It's something we'd all like to avoid thinking about, but it's a fact of everyone's life. It may sound strange, but every successful person has been a failure at some point in his or her life. No one is a winner every time. For example, Michael Jordan failed to make his high school basketball team! There are kids (and adults, too) who never try to do anything because they are so afraid they might not do it right. They have a fear of failure.

A famous scientist and author Dr. Isaac Asimov once said, "**Some things are worth a reasonable amount of hot water.**" In other words, you are not going to succeed and make everyone happy every time. You might get into "hot water" some of the time. You might make mistakes along the way. That's OK!

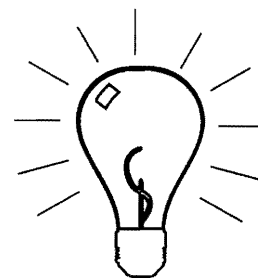
Any attempt to do something, even if it doesn't work out the way you'd hoped, is a victory...if you have the self-confidence to make the attempt. In fact, the worst failure in life is not to have tried at all.

Maybe you've thought of some things you'd like to try. Maybe you have some goals you think you can reach someday, but you are really hesitant to work on them. You may think you are not good enough or smart enough or talented enough to do them.

In the next chapter, you are going to think about setting some goals. Don't limit yourself and your attempts because you are afraid you might fail! If you do fail, **learn** from the experience and move on. That's what makes a successful person.

Think About It!

Now think about your fear of failure. What is one thing you would like to do that you have never done?



What are you afraid will happen if you try it and don't succeed?

Then what would happen?

Then what would you do?

What is the worst thing that could happen?
