

REACH PG

How can we help our kids psychosocial skill development?
Supporting motivation, growth mindset, grit!

May 2022

Center for Talent Development

gifted students and psychosocial and SEL

- 1) Emergent Talent:
 - self-regulation of emotions and behavior
 - development of attention and focus
- 2) Competence
 - growth mindset
 - executive functioning
 - openness
 - internal motivation and persistence
 - willingness to take risk and overcome failure
- 3) Expertise
 - self promotion, social skills, arriving on time, being prepared, being courteous, accepting successes and failures with resilience
 - accurately evaluate one's performance, strength and weaknesses



our focus for '22-'23?

Proposal

- 4 part educational series focusing on Executive Function, Mindset and the Teenage Brain.
- The speaker is Dr. Georgia Bozeday, EdD, who is the Director of Educational Services at Rush Neurobehavioral Center and Adjunct Professor at Northeastern Illinois University.
- Dr. Bozeday currently manages the Executive Function projects and is instrumental in curriculum design and implementation of the RNBC Executive Functions programs. www.rnbc.org

- 1) "The Organized Child: Building Executive Functions" Intermediate and Middle School Parents (4th – 8th Grade)
- 2) "Helping Young Children Organize Their World" Early Childhood Parents (PreK-3rd Grade)
 - This presentation will help parents foster the following skills in their young children: Self-Regulation, Problem Solving, Organization, Time Management, Reading for Cognitive Development.
 - In addition his presentation will provide parents with practical strategies from the field of Executive Functions to help guide students at home.
 - Dr. Bozeday will focus on recent findings related to brain development in early childhood. Discussion will include strategies for self-regulation and organization through literacy and play.

- 3) "Parenting to Promote a Growth Mindset"

- Mindset is defined as a set of beliefs or a way of thinking that determines one's behavior, outlook, and mental attitude. Within this frame of reference, parents will identify practices that fall into either a fixed mindset or a growth mindset category.
- This workshop will provide specific focus on ways parents can develop a Growth Mindset with their children in order to develop problem-solving skills and persistence even in the face of obstacles. The specific areas of focus for this presentation are:
 - 1. What is the theoretical framework referenced as Mindset, both Fixed & Growth?
 - 2. What does current research in Mindset tell us relative to parenting practices?
 - 3. How can we use these understandings to inform our parenting approaches?
- Topics included in this discussion are: Role of technology in Mindset, specific strategies to help facilitate a Growth Mindset, and ways to foster engagement and personalize experiences within the parent-child relationship to build Growth Mindset. Parents will be encouraged to connect to real-life examples drawn from their own experiences interacting with their children.

- 4) "The Twenty-first Century Teenage Brain"

- This parent presentation will center on brain development and personality characteristics commonly associated with adolescent development. Anchored in recent research in neuroscience, the focus for this parent presentation is twofold:
 - 1. What does the current research tell us about the unique aspects of the teen brain?
 - 2. How can we use these understandings to inform our parenting approaches?
- Topics included in this discussion are: Strategic use of technology, facilitating a Growth Mindset, fostering engagement, and personalizing experiences within the parent-child relationship. Parents will be encouraged to connect to real-life examples drawn from their own experiences interacting with their teenaged children.