

COUNSELING CORNER

Monthly school newsletter from Lutheran Counseling Services

Word of the Month: Perseverance



Car Conversations

Whether in the car, at the dinner table or store line, here are conversation ideas to build this quality in your child.

- As a family, read James 1:12 *Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.*

Share where each member needs support to persevere & pray for that support together.

- Discuss movie, book, historical, or even game characters with your child. Discuss which characters showed perseverance and which didn't. What was the result of having perseverance? What was the result without it? How can you and your child use the character as a model for increasing your own perseverance?



As spring is in full swing, consider the butterfly. In its second phase of life, it creates a cocoon and when the time is ready it struggles to emerge from that cocoon. Many well meaning children and adults have tried to help the butterfly by opening the cocoon to help the butterfly have an easier time getting out. Unfortunately, without the struggle of emerging from the cocoon, the butterfly's body and wings do not fully form, and the well-meaning "help" actually limits the butterfly's potential and the heights it can soar to.

How many times as parents do we have the same well-meaning actions towards the struggles our kids face? The truth is that it is hard to persevere and hard to watch others struggle through this process, especially our loved ones. Do we also limit our children's potential when we deprive them of the experience of perseverance?

Angela Duckworth, author of [*Grit: The Power of Passion and Perseverance*](#) discusses the importance of this concept. She defines grit as the tendency to sustain interest in and effort toward very long-term goals. Put simply, grit is a blend of passion and persistence.

Duckworth goes on to talk about how to build grit in kids through parenting styles. She renames the traditional authoritarian style



- Grit is a blend of passion and persistence. Want to see how much grit your child has? Dr. Duckworth makes the Grit Scale for Children [available here](#). Interested in your grit score? Check out the [adult grit scale](#).
- Watch Duckworth describe growth mindset. Then discuss Thomas Edison (or [watch this 1 1/2 minute video](#)) and give examples of growth mindset and fixed mindset beliefs.
- Break out of the "how was your day?" rut with [this growth mindset question list](#).

COUNSELOR CONNECTION

Reach out to your school, the LCS main office at (407) 644-4692 or lcsfl.com to connect to your school's counselor for additional support & resources on this or other topics.

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by calling it Wise Parenting. She shares that parenting in this style blends being supportive and demanding. She notes that wise parenting involves listening to and talking with your children, providing respect to kids through freedoms and developing their own point of view, as well as demanding high standards and helping them see ways they can do better.

Her book details how higher levels of grit are correlated to higher levels of life satisfaction, higher purpose, and more instances of flow, when you are so absorbed in a task that you lose sense of time passing. As a former teacher, she noticed that the students who were successful were not always the most intellectually inclined, but those who persevered. But how did she boost this skill in her students (and how can you do so in your kids?)

For this she points to Carol Dweck's concept of a [growth mindset](#), which is a belief that abilities can be developed and, well, grow. This is compared to a [fixed mindset](#) (belief that abilities are fixed and cannot change.) How we talk and think about experiences can influence our mindset, and similarly that of our children.

Strategies to boost a growth mindset include seeing challenges as opportunities. Replacing "fail" with "learn". Valuing the process over the end result. Supporting and connecting to your child's purpose and the big picture. Using the word "yet", such as in noting they have "not yet" mastered something. In what ways does your communication with your child (or yourself) promote the idea that abilities can continue to grow? How could you do so more often?

References:

Duckworth, A. (2016). *Grit: The power of passion and perseverance*. New York, NY, US: Scribner/Simon & Schuster.

Dweck, C. S. (2006). *Mindset: The new psychology of success*. New York, NY, US: Random House.

<https://angeladuckworth.com/grit-book/>

