

Building Resilience for Children Who Tend to Quit Difficult Tasks Due to Frustration and/or Low Confidence

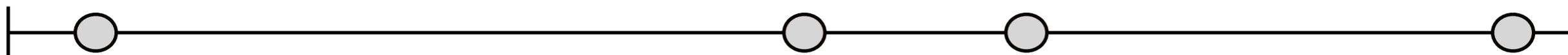


April 28, 2016

Darien Special Education Parent Advisory Committee

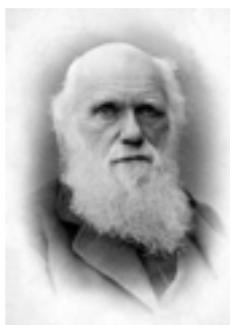
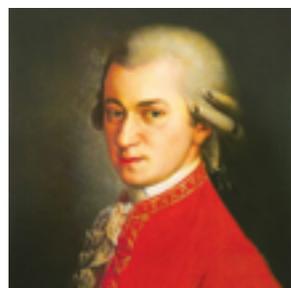
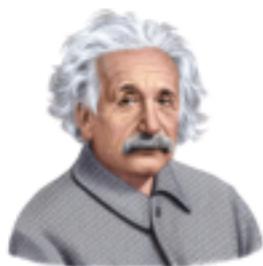
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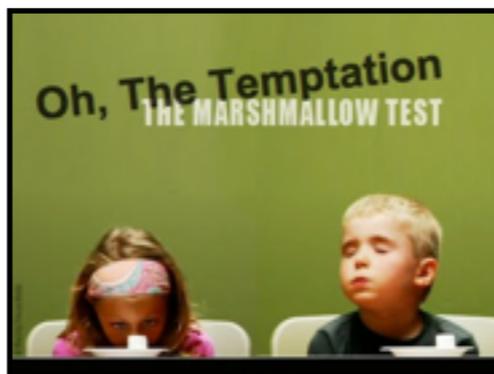
1926

Catherine Morris Cox published a study on 300 recognized geniuses.



The late 1960's-70s

Walter Mischel studied Delay of Gratification under the *Marshmallow Test*



In the 1980's

Joachim de Posada repeated/confirmed the *Marshmallow Test*

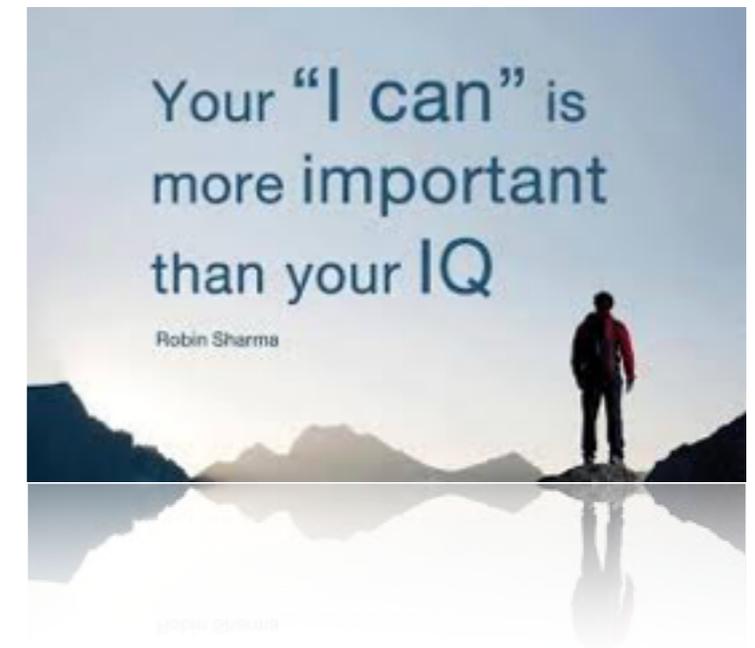
Today

Angela Duckworth studies the role of resilience and perseverance



1926 / Catherine Morris Cox

- Studied the lives of hundreds of geniuses who made a lasting impact
- Among the geniuses, what mattered *beyond* intelligence and talent?



The late 1960s-70s / W. Mischel's Marshmallow Test

- The ability to delay gratification
- 653 Preschoolers; 4-6 years of age
- Practicing self-control: A predictor of future success / happiness
- Trading short-term gratification for longer-term goals
- 1/3 successful...2/3 did not practice sufficient self-control



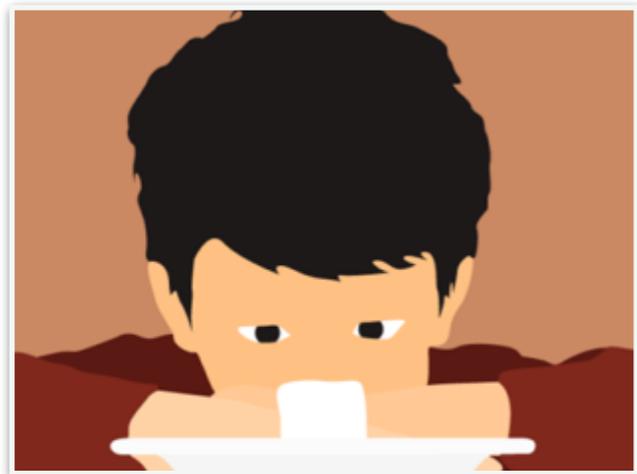
The late 1960s-70s / W. Mischel's Marshmallow Test

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In the 1980s / Joachim de Posada Repeated/Confirmed the Marshmallow Test

- Study was conducted in Columbia
- Exact same results



Today / Angela Duckworth

GRIT



- Harvard researcher Angela Duckworth analyzes Catherine Morris Cox's study and furthers Walter Mischel's work.
- An even better predictor of (high level) achievement: ***The tendency to not abandon tasks in the face of obstacles.***

IQ

Correlates with learning some things quickly and easily

Do we honestly know how to build up GRIT and to teach perseverance?

NO

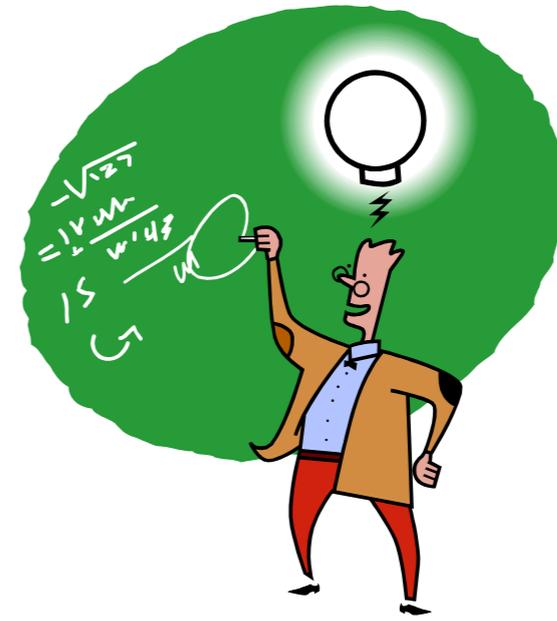
When kids read and learn about the brain and how it changes / grows in response to challenges... They are much more likely to persevere when they [initially] fail.

What may be the biggest predictor of success?

GRIT

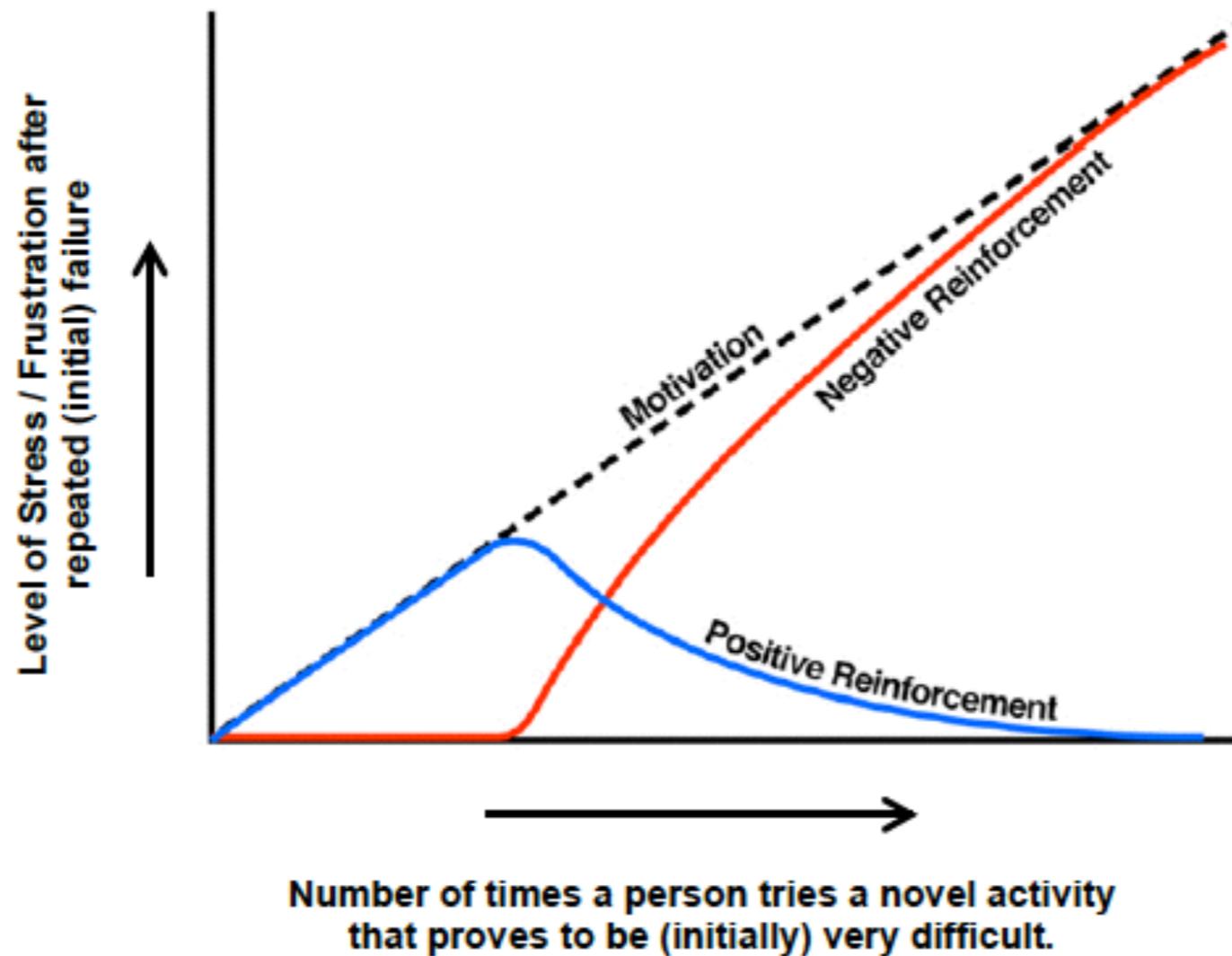
When kids **read** and **learn** about the brain and how it changes / grows in response to challenges...

They are much more likely to persevere when they initially fail.



But is that enough?

The **challenge** in trying to build resilience in children who **tend to quit** difficult tasks due to **frustration** and/or low confidence



How about including the process
of **Discovery**...

I got it



Switched handouts and go to the lesson:

We learn almost everything by
something called,
Trial and Error

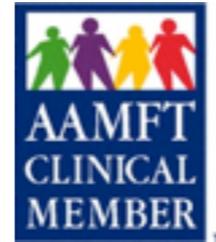
“A few modern philosopher’s assert that an individual's intelligence is a fixed quantity, a quantity which cannot be increased. We must protest and react against this brutal pessimism.... With **practice, training**, and above all, **method**, we manage to increase our attention, our memory, our judgment and literally to become more intelligent than we were before.”

– **Alfred Binet, the inventor of the IQ test.**

A few modern philosopher’s assert that an individual's *level of grit* is a fixed quantity, a quantity which cannot be increased. We must protest and react against this brutal pessimism.... With **practice, training**, and above all, **method**, we manage to increase our attention, our memory, our judgment and literally to become more *gritty* than we were before.

Thank You

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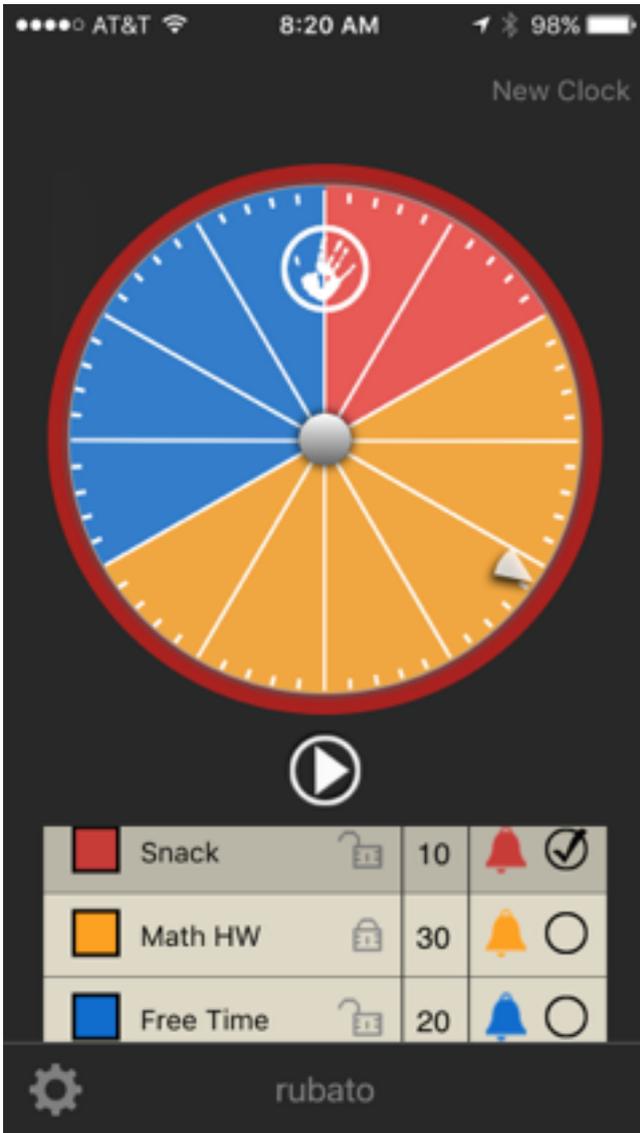


An iPad and iPhone app that is available NOW - with an apple watch version by the Summer of 2016.

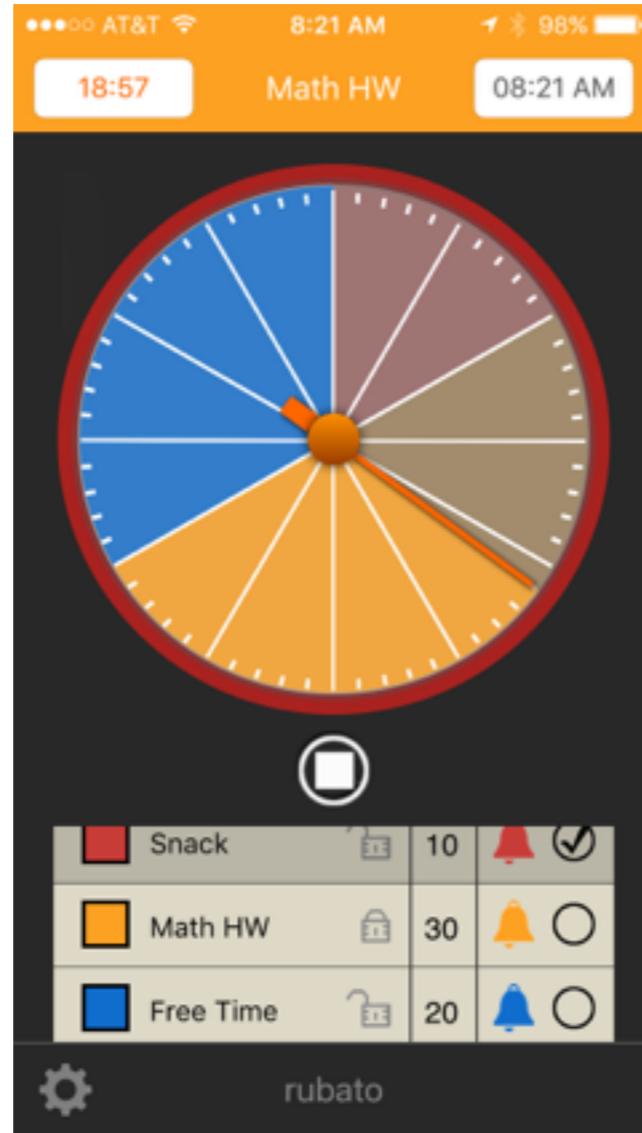
***Real-time, time management* to help children learn about Time Awareness, Time Management, and Delay of Gratification!**



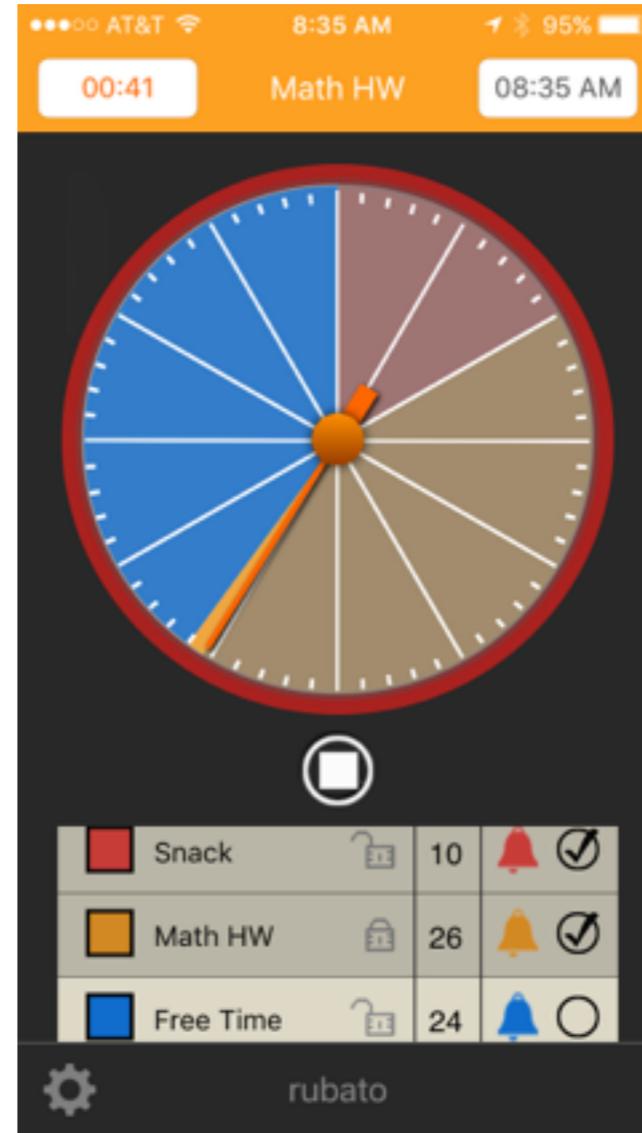
rubato™   rubato+™
(time management in real-time, for real life)™



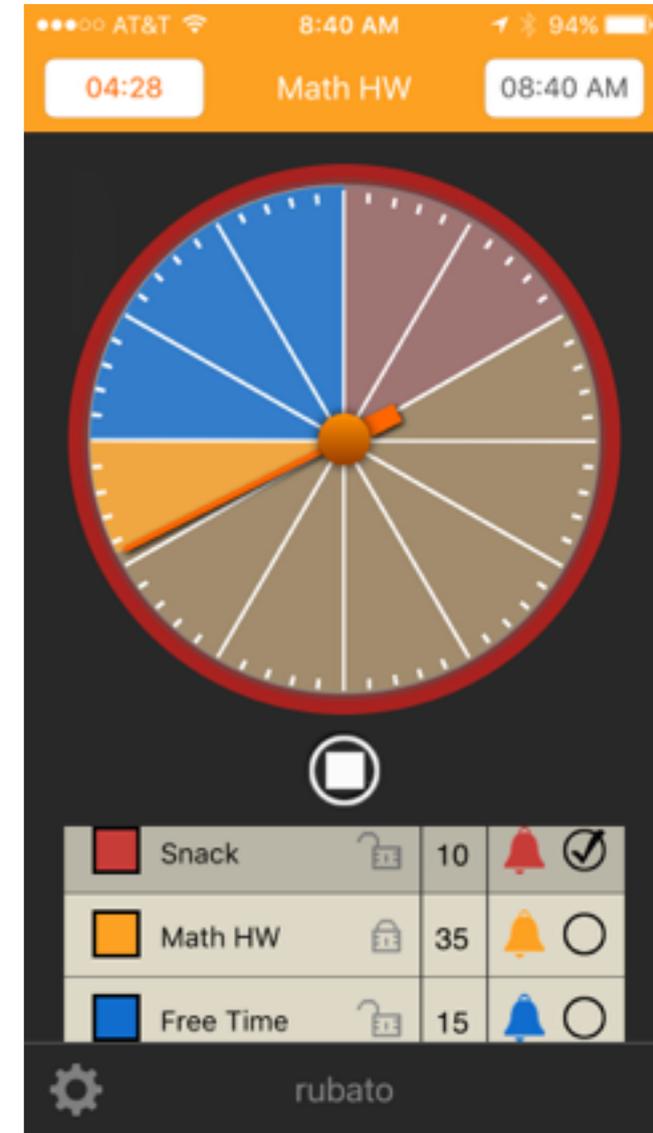
***Setting up
the clock***



***Engaged in
Math HW***



***Finished Math HW
earlier and earned
additional Free Time***



***Taking longer to
finish Math HW
which results in
less Free Time***