

The Tenacious Mindset: Understanding and Enhancing Resiliency and Stress Hardiness in High Achieving Students

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Did you ever wonder . . .



How Children Learn to
Speak?



How Children Learn to Mangle Their Emotions?



How Children Acquire Knowledge?



How Children Master Challenging Activities?



How Children
Learn to
Socialize?



How Children Create
Their Identity?



They are guided by their genes and experiences.



They are Instinctually Optimistic and Intrinsicly Motivated!



Caregivers are the architects of the way in which experience influences genetically preprogrammed but experience dependent brain development.

Daniel Siegel
The Developing Mind



Me and My Dad!



When children transition into adult life their past mistakes, misbehavior or problems are of little interest to others.



Success in adult life comes from harnessing assets and strengths.



For thousands of generations, parents, relatives, and others raised and prepared children to become successful adults, to acquire knowledge and skills that were needed to meet the challenges of their time.





How did they do it?

Until relatively recent times in human history there were no schools or organized institutions, nor were there self-help or parenting books.



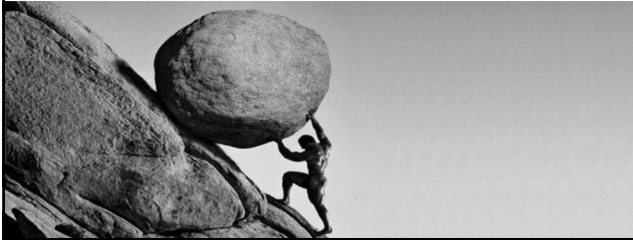


Our ancestors raised the next generation by drawing upon seven important genetic traits that evolved over tens of thousands of years in our species. Today, these traits are more important than ever in preparing children for tomorrow's successes.

I call these the Seven Critical Traits of TENACITY!



TENACITY! is defined as perseverance, doggedness, resolution, patience, endurance and stamina.



Tenacity provides the mental and emotional fuel driving resilience and self-discipline.

**KEEP
CALM
AND
NEVER
YIELD**

A tenacious mindset may be comprised of seven traits, but for these traits to develop and flourish they require the nurturing and support of caring adults.



These traits are:

- intrinsic motivation
- instinctual optimism
- practical intelligence
- compassionate empathy
- virtuous responsibility
- genuine altruism
- measured fairness




Instinctual Optimism

- A belief driven by genes.
- A belief that a way will always be found.
- A belief that success will be obtained.
- The glass is half full!




Intrinsic Motivation

- Driven by internal reason and inspiration.
- Rewarded by the payoff to the mind.
- Guided by belief not environmental consequences.



Practical Intelligence (simultaneous ability)


- The ability to see all the parts of a problem simultaneously.
- A mental activity by which the child integrates stimuli into groups.
- Stimuli are seen as a whole.
- Each part is related to the others.



Compassionate Empathy

Insight combined with:

- Sensitivity
- Tolerance
- Kindness



Through the Eyes of Others

- Do you practice what you have learned and lived?
- It is difficult to be empathic when you are disappointed or angry.
- Do you make assumptions about the motives of others?
- Do you hold the erroneous belief that if you are too empathic people will take advantage of you?



Through the Eyes of Others

Steps to becoming an empathic person:

- Take the time to complete empathy exercise. Consider how you would like other people to describe you versus how they might actually describe you. Act on the discrepancy.
- Use your experiences as a guide.
- Make an effort to put empathy into practice every day.

Virtuous Responsibility

Responsible behavior guided by:

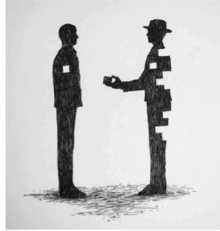
- Dignity
- Morality
- Respect for self and others
- Integrity



Genuine Altruism

Giving of yourself (time and effort) guided by:

- Sincerity
- Honesty
- Truth
- Sensitivity
- Honesty



Measured Fairness

- A concept developed in Game Theory.
- Being fair to yourself first than others.
- Knowing when you must put yourself first.



The Road to a Tenacious Mindset: Building Islands of Competence

- Examine your assumptions about your children's choices and successes.
- Challenge their self-defeating attributions.
- Help them find passionate interests and islands of competence and pursue them.
- Listen and learn first before advising. Sometimes they just want to be heard.
- Let them learn from their experiences.
- Be proactive in the face of true problems.
- Take a long term view.

The Lessons of Resilience: Maintaining a Resilient Lifestyle

Exercising resilience on a daily basis:

- Have I truly listened during the past day and attempted to understand the viewpoints of others?
- How have I related to others? Have I practiced empathy and respect?
- How have I responded to stress, mistakes and setbacks? What will I do differently the next time?
- In what areas did I do well? How do I maintain and/or reproduce these positive behaviors tomorrow?
- Do not wait for other people to change first for you to achieve your goals and happiness.

Focus on Well Being!

- **COMPETENCE** in academic, social and vocational areas
- **CONFIDENCE** or a positive identity
- **CONNECTIONS** or healthy relations
- **CHARACTER** or positive values, integrity, and values
- **CARING** and compassion



Stress Hardiness

- Committed to finding a meaningful purpose in life.
- A belief that you can influence your surroundings and outcome of events.
- A belief that you can learn and grow from both positive and negative life experiences.




May our philosophies keep pace with our technologies. May our compassion keep pace with our powers. And may love, not fear, be the engine of change.


Dan Brown






Questions?

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