



# Generation X, Y, Me

*Cultivating Self-Esteem Rather Than Ego*

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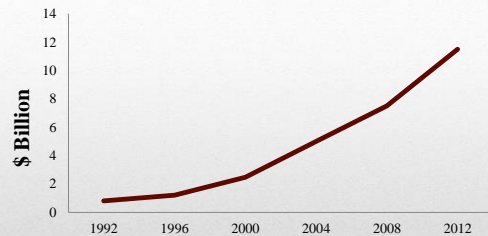
 @danhaesler



## What would you say?

1. Tell James you thought his story was the best anyway.
2. Tell James he was robbed, and he should have at least won a place in the final three.
3. Reassure James that writing competitions are not all that important in the scheme of things.
4. Tell James that he has the ability and he'll do better next time.
5. Tell James he didn't deserve to win.

## Would you...



## The Self Help Industry

*"The only way you can put down a child is by saying, 'If you are feeling sad, it is because you are thinking negative thoughts.'"*  
*"Remind them of good thoughts, and they will come up to them with good thoughts."*

## Some Pearls of Wisdom



20,000,000 copies sold  
 Spin off DVDs  
 A SEQUEL!!!!

## Fast selling Self-Help Book – ever!



**Well done! You turned up.**



**So... we can't be nice to kids?**

Carol Dweck PhD  
Stanford University

Author of *Mindset*



**Another way of looking at things...**

- "Wow you learned that fast! You're so smart!"
- "If I don't learn quickly, I'm not smart."
- "Look at that drawing! Is he the next Picasso or what?"
- "I'd best not draw anything too complicated."
- "You're a natural! You got an A without even studying, that's amazing. I'm so proud of you!"
- "If I need to study then maybe I'm NOT that smart."
- "That's great! You didn't make any mistakes!"
- "Mistakes need to be avoided at all costs."

**You said what?**

**MR. CLEVER**  
*by Roger Hargreaves*



**MR. STUPID**  
*by Roger Hargreaves*



**The Fixed Mindset**



**The Growth Mindset**

- "You must have studied really hard to get this grade on your test."
- "I know this homework is hard for you, but if you keep working hard like you are, it will get easier."
- "I'm proud of the work you put in on your project."
- "You did such careful work on your math homework, no wonder you didn't make any mistakes!"
- "I like your answer to this question—you can tell you really thought about it."

## Praise the Effort

- "I love the colours you picked for your drawing."
- "I'm proud of how hard you tried at your swim meet today."
- "I liked how you were passing the footy to your teammates, and listened to your coach."
- "You are doing so well at sounding out words when you read."
- "You did such a great job memorizing your lines for the play."
- "I really liked how you shared your toys with your sister."

## Be Specific



## So what did you say?

1. Tell James you thought his story was the best anyway.
2. Tell James he was robbed, and he should have at least won a place in the final three.
3. Reassure James that writing competitions are not all that important in the grand scheme of things.
4. Tell James that he has the ability and he'll do better next time.
5. Tell James he didn't deserve to win.

## Would you...

*"If a child only experiences success,  
then we have failed"*

## Learn to **Fail**



*"Student Expectations has the largest impact  
of any intervention on Student Learning"*

John Hattie – Visible Learning for Teachers – A meta-analysis of over 800 educational research papers.

## This Stuff Matters!

- Be mindful of *what* we praise
- Be mindful of *how* we praise
- Be mindful of what we are role-modeling
- Challenge kids to do better – work harder – within reason
- Encourage kids to *own* the progress they make or the failures they encounter with their work, music, sports etc
- Talk about this in school and around your dinner table

## **What Can We Do?**

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## **Talk More**

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