



**RCSI**myHealth<sup>®</sup>

Mini Lecture Series presented by the  
Centre for Positive Psychology and Health

# Future- Proofing Our Youth

23 February 2021

For more information visit [rcsi.com/MyHealth20](https://rcsi.com/MyHealth20)



**No. 1**  
for **GOOD**  
**HEALTH** and  
**WELL-BEING**

**THE** IMPACT  
**RANKINGS 2020**



**RCSI** myHealth<sup>®</sup>

Mini Lecture Series presented by the  
Centre for Positive Psychology and Health



CAROL S. DWECK, Ph.D.

# mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL

\*parenting  
\*business  
\*school

1.8  
MILLION  
COPIES  
IN PRINT



# Growth Mindset

- The brain is like a muscle – it gets stronger with exercise
- Intelligence is not fixed or knowable
- Failure is not a reflection of our intelligence or skills, it's just an event (an opportunity)
- How we approach learning and challenge is more important than how 'smart' we are

# Growth Mindset

6. Write down the equation of the circle

(i)  $K_1$  centre  $(0, 0)$ , radius length 10

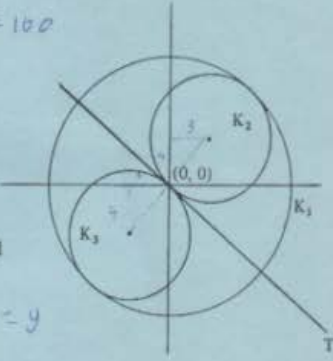
(ii)  $K_2$  centre  $(3, 4)$ , when  $K_2$  contains  $(0, 0)$

(iii)  $K_3$  centre  $(-3, -4)$ , when  $K_3$  contains  $(0, 0)$ .

Find (iv) the equation of the tangent  $T$  through  $(0, 0)$  and common to  $K_2$  and  $K_3$

(v) the coordinates of points in  $T \cap K_1$ .

$x^2 + y^2 = 100$   
 $-\frac{3}{4}x = y$   
 $\frac{9}{16}x^2 = y^2$   
 $16x^2 + 9y^2 = 1600$   
 $25x^2 = 25(64)$  OVER  $\rightarrow$   
 $x^2 = 64$   
 $x = \pm 8$   
 $y = \mp 6$   
 $(+8, -6)$   
 $(-8, 6)$




# Young people who can ‘dare to try’

- Comfortable with uncertainty
- Tools to navigate situations of failure
- Turn failures into opportunities
- Navigate, bounce back, grow and even flourish in the face of failure

“Fail faster, succeed sooner” - Prof David Kelly, Stanford University  
d.school

# New dilemmas

- Global pandemics and vaccine nationalism
- Global warming
- Food and resource shortages
- Changing financial systems – cryptocurrency
- Growing political polarization and social injustice
- Social media and its impact on our mental health
- A new awareness of our interconnectedness and interdependence

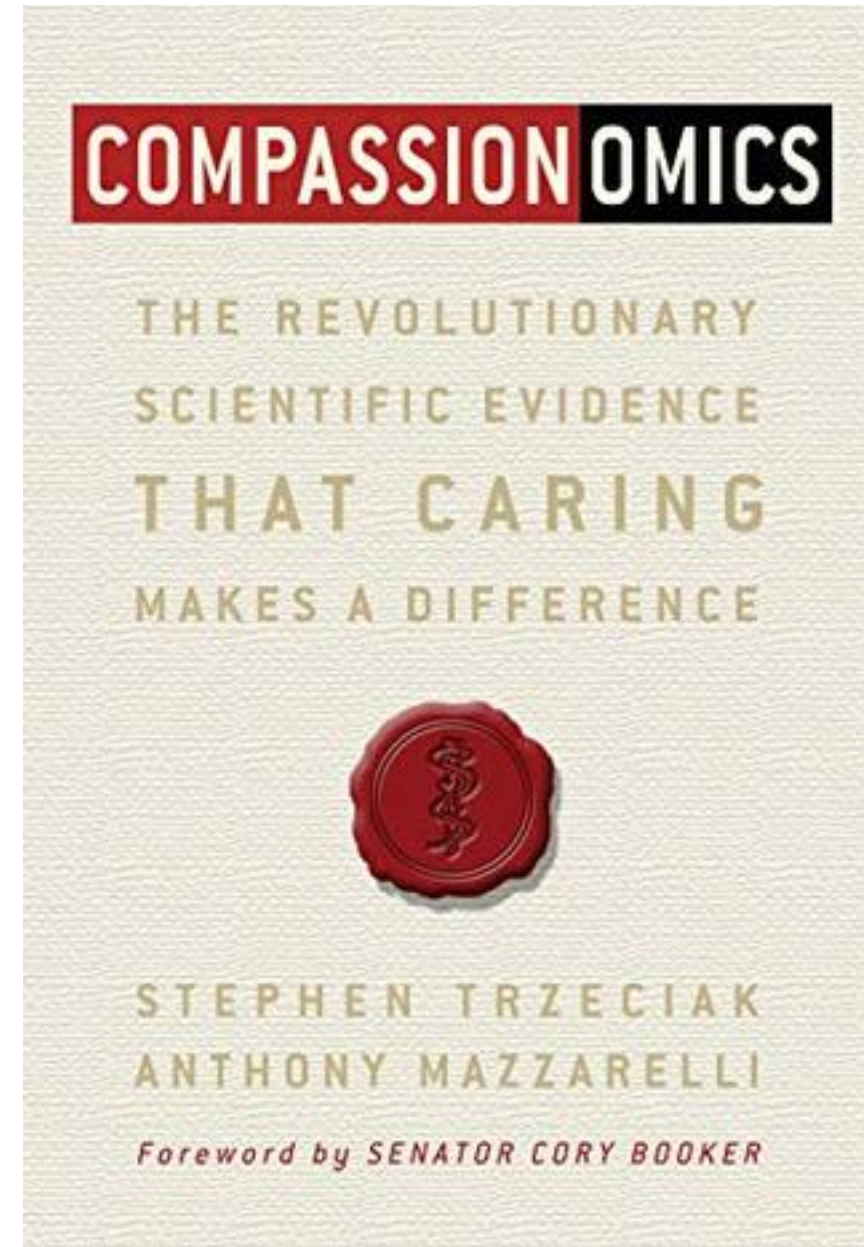
# New tools required

*“What’s dying is an old civilization and a mindset of maximum ‘me’...What’s being born is less clear...It’s something that we can feel in many places across Planet Earth...**It’s a future that requires us to tap into a deeper level of our humanity, of who we really are and who we want to be as a society.** It’s a future that we can sense, feel, and actualize by shifting the inner place from which we operate. It is a future that in those moments of disruption begins to **presence** itself through us.”* (Scharmer & Kaufer, 2013, Leading from the Emerging Future)

# Compassion

**Compassion** = the emotional response to another's pain or suffering, involving an authentic desire to help

**Action** – This action activates a 'reward' pathway in the brain associated with connection and positive emotion.



# Connected

## *Harvard Medical School Study on Relationships*

***“Good relationships keep us happier and healthier...and loneliness kills.*** When we gathered together everything we knew about them at age 50, it wasn't their middle-age cholesterol levels that predicted how they were going to grow old, it was how satisfied they were in their relationships. ***The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80.***” – Dr Robert Waldinger, Harvard Medical School

# Connected

uses beautiful and often remarkable case histories to show us how we can change our minds, brains, and relationships."

**NORMAN DOIDGE, M.D.**

*author of The Brain That Changes Itself*



## MINDSIGHT

TRANSFORM YOUR BRAIN WITH THE  
NEW SCIENCE OF KINDNESS

DANIEL SIEGEL

## Dignity and respect, not just resilience

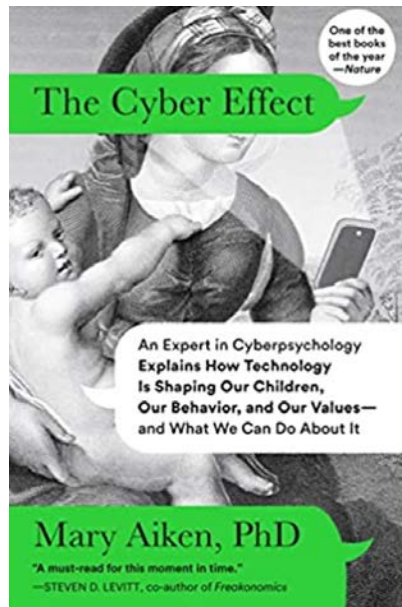


Shavana Talbert (Double Major Stanford University Graduate, Consultant and PhD Candidate).

# Connected



**The dilemma of virtual connections and social media** – we need to educate ourselves so we can make an informed and collaborative plan with our youth.



- How do we switch off at night?
- What age do we log on?
- How much time do you want to spend on your device?’

# Snowdrops not snowflakes

- Daring
- Compassionate
- Connected
- Respectful/Respected
- Hopeful



# How do I do all this? The strengths switch

“Raising children...is about helping them find niches in which they can best live out these strengths” - Seligman & Csikszentmihalyi (2000, p. 6).



Lea Waters (2017), The Strengths Switch





#### APPRECIATION OF BEAUTY & EXCELLENCE

- Feels awe and wonder in nature
- Admires skills of others
- Inspired by the goodness of others



#### BRAVERY

- Shows valor
- Accepts challenges
- Faces difficulties
- Speaks up for what's right



#### CREATIVITY

- Clever
- A Problem-solver



#### CURIOSITY

- Interested
- Open to new ideas



#### FAIRNESS

- Cares about what's right
- Treats others fairly
- Tries not to be biased against certain groups



#### FORGIVENESS

- Gives others a second chance
- Accepts others' faults
- Doesn't hold grudges



#### GRATITUDE

- Thankful
- Shows appreciation
- Feels blessed



#### HONESTY

- Tells the truth
- Keeps promises
- Trustworthy



#### HOPE

- Optimistic
- Expects the best
- Excited about the future



#### HUMILITY

- Modest
- Puts attention on others
- Doesn't brag about accomplishments



#### HUMOR

- Playful
- Enjoys bringing smiles/laughter to others
- Sees the funny side of things



#### JUDGMENT

- A critical thinker
- Fact-based and logical
- Open minded



#### KINDNESS

- Caring
- Generous
- Compassionate
- Nice



#### LEADERSHIP

- Encourages others
- Organizes groups
- Sets a good example



#### LOVE

- Warm and genuine
- Prioritizes relationships
- A good listener



#### LOVE OF LEARNING

- Excited to learn new things
- Masters new skills



#### PRESERVERANCE

- Hardworking
- Overcomes obstacles
- Finishes what is started



#### PERSPECTIVE

- Wise
- Gives good advice
- Sees the big picture



#### PRUDENCE

- Careful
- Plans ahead
- Thinks about consequences before acting



#### SELF-REGULATION

- Self-controlled
- Disciplined
- Manages feelings and actions



#### SENSE OF MEANING

- Searches for meaning
- Feels a sense of purpose
- Feels interconnected with life



#### SOCIAL INTELLIGENCE

- Understands others
- Aware of own feelings and thoughts
- Shows empathy



#### TEAMWORK

- Loyal
- A team player
- Shows responsibility to groups



#### ZEST

- Active
- Energetic
- Enthusiastic

# How do I do all this? Presence

## ***Be present and build trust***

*“isn’t this attentiveness — the feeling that someone is trying to think about us — something we want more than praise?”*

Grosz (2013)

-Trusting relationships with carers or educators are protective for youth (Fine, et al., 2010).



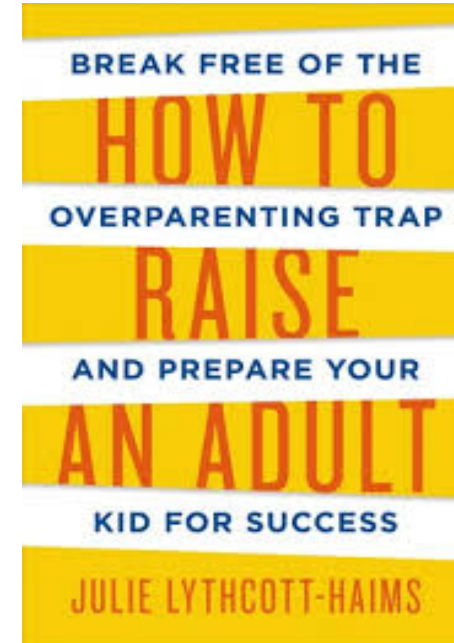
# How do I do all this? Letting go of perfect

## Learn to wince instead of pounce

“Allowing freedom within limits to try and fail and get better is the only way children (or anyone) will ever learn how to do things for themselves. Perfectionism is not only the enemy of the good; it is the enemy of adulthood” (Lythcott-Haims, 2015)

## Self-compassion

- Let go of shame and self-criticism (Paul Gilbert, Compassion Focused Therapy)
- People with more self-compassion felt less traumatized by COVID-19 (Jiménez et al., 2020) and had less COVID-19 related anxiety (Mohammadpour et al., 2020; Taubman–Ben-Ari et al., 2020)



# How do I do all this?

## Letting go of fear

**Young people have agency and the capacity to grow in hard times**

***COVID 19 and 'positive side effects'***

- Improved sleep
- Loss of social pressure
- More time to think

*(Bruining et al., 2020)*

- Greater appreciation of nature and family
- New hobbies
- Greater sense of meaning in life

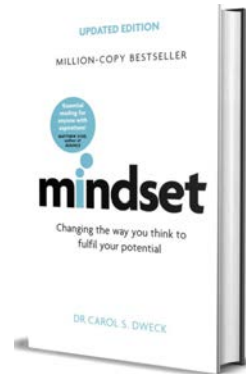
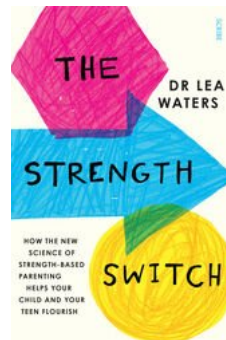
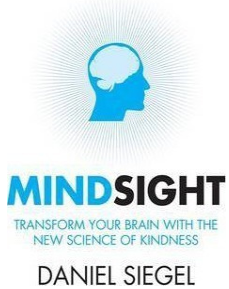
*(Dvorsky et al., 2020)*



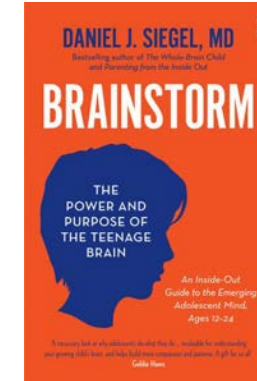
- **0-4 years:** Survive, sleep, connect, be present

- **4-11 years:**

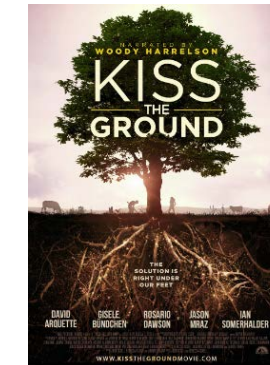
uses beautiful and often remarkable case histories to show us how we can change our minds, brains, and relationships."
   
 NORMAN DOIDGE, M.D.
   
 author of *The Brain That Changes Itself*



- **11-18 years:**



- **14-24 years:**



- **All ages:**

