Future-Proofing Our Youth

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mindset
THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN LEARN TO FULFILL OUR POTENTIAL

* parenting
* business
* school

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RCSI Health
Mini Lecture Series presented by the Centre for Positive Psychology and Health
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 \( T \cap K_1 \).

\[ x^2 + y^2 = 100 \]

\[ 16x^2 + 9y^2 = 144 \]

\[ 25x^2 = 25(4) \]

\[ x^2 = 64 \]

\[ x = \pm 8 \]

\[ y = \pm 6 \]
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 it’s 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.

Klimecki, Leiberg, Ricard, and Singer (2014); Klimecki, Leiberg, Lamm, and Singer (2013)
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

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

www.rcsi/positivepsychology
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

PERServerance
- 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:**

• **11-18 years:**

• **14-24 years:**

• **All ages:**