

# THE 6 PERFECTIONISTS...



## 1 ACADEMIC ACHIEVER

- Must Achieve 100%
- Holds unrealistically high expectations for their academics
- Defines effort by grades
- Wants immediate feedback
- First to turn in work; first to expect a grade



## 2 RISK-EVADER

- All or Nothing Mentality
- Fear of Failure
- "If I cannot do it perfectly, I will not try"
- Sometimes attributed to Asynchronous Development
- Need to feel safe to take risks



## 3 AGGRAVATED ACCURACY ASSESSORS

- Exactness and Fixation on "Re-Dos"
- Constantly evaluates projects and becomes frustrated with work
- Set on what and how they want it to look, but unable to actually make it happen
- May become disappointed and give up trying



## 4 CONTROLLING IMAGE MANAGERS

- Want Others to Regard them as Perfect
- Focused on the perceptions of others
- Poor sportsmanship and quits before activity ends
- Overly concerned with the appearance of the final product



## 5 PROCRASTINATING PERFECTIONISTS

- Delays initiating work to avoid risk
- May exhibit anxiety about projects
- Fear of Failure to Achieve perfect vision



## SIX WAYS TO SUPPORT PERFECTIONISM IN THE CLASSROOM

1. Set [SMART Goals](#) and Focus on Improvement
2. [Praise Effort vs. Achievement](#)
3. Teach [GROWTH MINDSET](#) + [Power of YET](#)
4. [Self-Monitor Frustrations](#) and Take a Break!
5. Mistakes are welcomed as part of the [learning process](#)
6. Celebrate [Famous Failures](#) (Celebrity Biographies)

