

# NEWSLETTER

re:co  
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parenting with

**DETERMINATION**

MAY  
2023

**This time of year** is both the best and worst time for determination. It's nearly summer and the end of the school year is often filled with apathy. But the start of summer may be enough motivation to keep your child pushing forward! Another way to work toward determination is to look back and reflect on all of the ways you and your child have shown determination this year. Studied hard for a tough science test? Determination! Practiced every day with the swim team? Determination!

This is also a great time to consider the ways you try to motivate your child. Do you enter into the challenge with them to support them? Or do you encourage from the sidelines? How do you let them know you are on their side? As we close out the year, don't forget to acknowledge with yourself where YOU have shown determination this year.

## Questions for parents to consider:

- What do I do when I am struggling to finish strong?
- How do I show and talk to my teen about this?

## Questions to ask your child:

- What can I do to help you when things get hard and you want to quit?
- Which are the hardest things for you to stick with?
- How does it feel when you overcome apathy, tiredness, or distraction?

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## DETERMINATION:

Deciding it's worth it to finish what you started

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### Week One:

We're almost to the finish line, and you may feel like coasting to the end of the school year. One way to find determination when you're burnt out is to remember: what's your "WHY"? As your plate gets full and weather gets warm, it can help to think through things like having pride in your work, why you started, and what you want out of the work you are currently doing.

COLLEGE & CAREER READINESS

### Week Two:

Procrastination is real! Why is it so hard to finish? Early on, it is exciting, and then some of the later details to finish may be less gratifying. This week, we will talk about overcoming end-of-the-year fatigue (or senioritis!). Putting your best foot forward (even now) and then keeping the momentum moving forward can get you to the finish line.

### Week Three:

How do you decide what to start? Saying the right "yes" and "no", in other words, prioritizing. It is hard work to show determination, especially on things that seem meaningless or unenjoyable. It's hard to even get started sometimes, much less work hard until the end. Having a plan can help you focus on the small stuff when you need to and get the big stuff done, too.

MENTAL HEALTH FOCUS

### Week Four:

This week, we wrap it all up! You'll get a chance to celebrate what you've finished — notice what it feels like that you finished, and that you did something hard. Congrats to you, from you!