

hello

NICK THOMPSON, LCSW



Risk Taking

Identity Formation

RISE

Social Reorientation

Emotional Intensity

STUDENT SUGGESTIONS

Dear Parents,

Here are some suggestions on how you can support your child as they RISE (Risk Taking, Identity Formation, Social Reorientation, Emotional Intensity)

- Check in with us, ask us how we are doing
- Support no matter what
- Set aside past mistakes
- Express concern, but do not attempt to control us
- Offer but don't insist
- Tell us you are proud of us for the littlest of things
- Focus on the positive, and not the negative

- E, 15

Let us start being who we want to be. It's only fair that you let us be ourselves. Show unconditional love.

-S, 15

I'd appreciate if adults gave adolescents the same respect that they ask for.

-A, 16

...actually listen to our problems and let us talk it out instead of always trying to fix it... give us the tools you think are necessary to be a productive member of society... be a constant in our lives and be our rock.

-p, 17

Give us space to RISE but at the same time don't think we don't need you.

-X, 16

Know that we have more common sense than you know... Let us know that we can come to you for help in any situation.

-J, 15

Don't preach, don't
judge, sometimes you
have to just listen.

-E, 15

Us adolescents go through a lot,
we need adults by our side,
especially during hard times.

-J, 18

Don't break us down,
just try to build us up.

-C, 16

We are not an alien life form.

- T, 15

I'm trying to do everything I can to be successful, it's hard and challenging, but I'll get there. Just please stop deciding what my life is going to be like before I even get there. I will find out all in good time.

-J, 17

Encourage us to take healthy risks... you can influence our decisions but not make them for us.

-K, 15

We are still working on
ourselves, and that's OK.

-G, 16

Be there to back up our dreams.
Support is the biggest factor in
allowing us adolescents to RISE.

-J, 18

Encourage us to do something we wouldn't normally do...
Embrace our individuality because during adolescence we
are scared of standing out... Encourage us to go out,
meet new people, and encourage friendships... with
emotions, just help us deal with one thing at a time and
PLEASE be patient. We don't do this on purpose.

-M, 16

It sounds outrageous but I seem
to learn best when I do it the
wrong way.

-B, 15

I know when I have messed
up. I don't need to be
reminded all the time.

-D, 17

A conversation is a
lot more helpful than
a lecture. -D, 15

In the end, we are just trying
to find ourselves. Just like
you did when you were
adolescents. -B, 17

Support through the intense emotions and
the frustration, through the mood swings,
through the dumb decisions, through all the
things we will do without a reason, and all
the friend drama we will go through.
Support us no matter what.

-S, 15

When we mess up, when we break
down, when we give up, when we
can't even... Just be there for us.
No solving, no I told you so. Just
listen and be there for us.

- J, 16



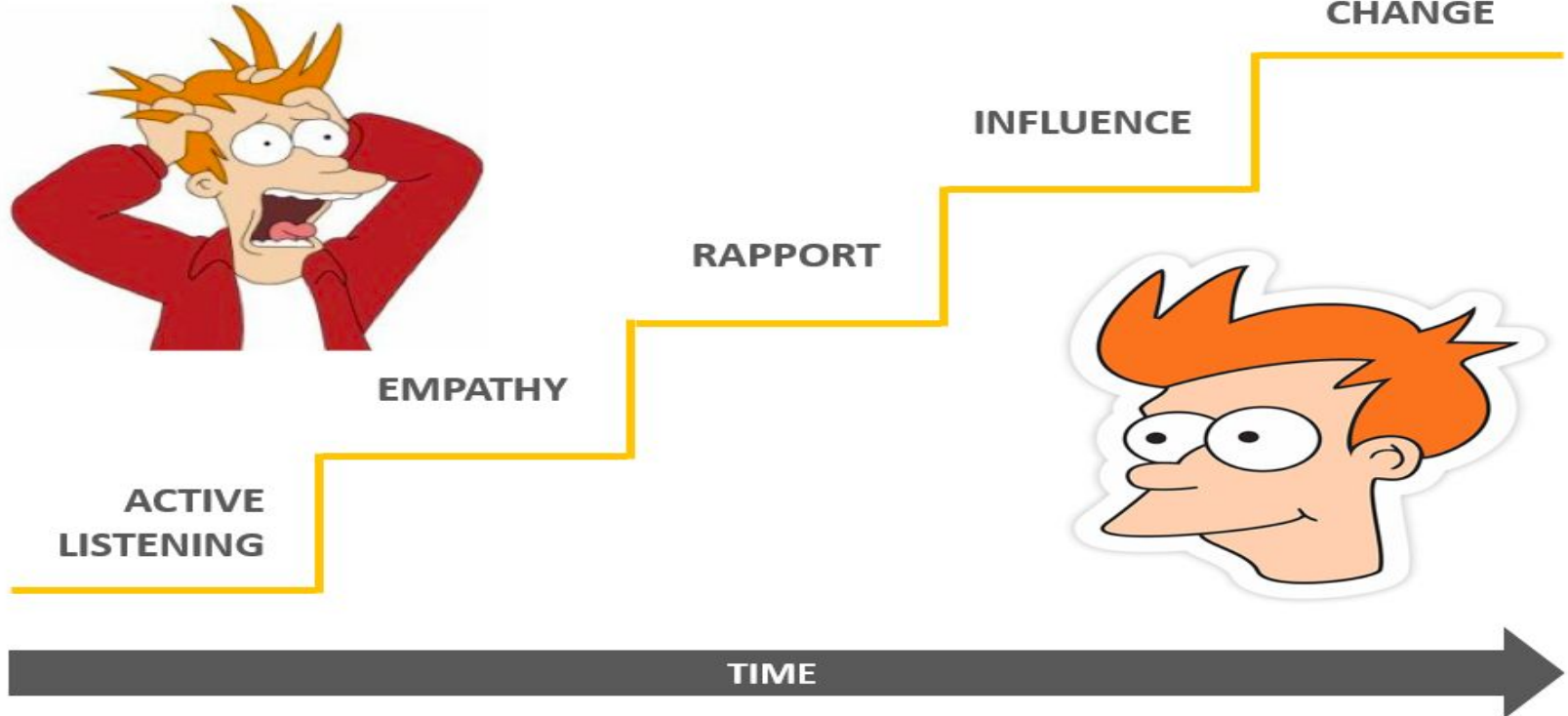
Listen
Support
Encourage

EMOTIONAL INTENSITY





BEHAVIORAL CHANGE STAIRWAY MODEL



A woman with long brown hair, wearing a purple sleeveless dress, stands with her back to the camera, pointing her right hand towards the text. The background is dark with some stage lights at the bottom.

ACTIVE LISTENING

Open-ended Questions

Presence

Emotional Labeling

Reflections

Affirmations

Most people do not listen with
the intent to understand;
they listen with the
intent to reply.

Stephen R. Covey





WHO

WHAT

WHERE

WHEN









FEAR



Disconnected



**DUDE,
WTF?**

CALM IS

CONTAGIOUS

FOCUS ON THE MESSAGE.

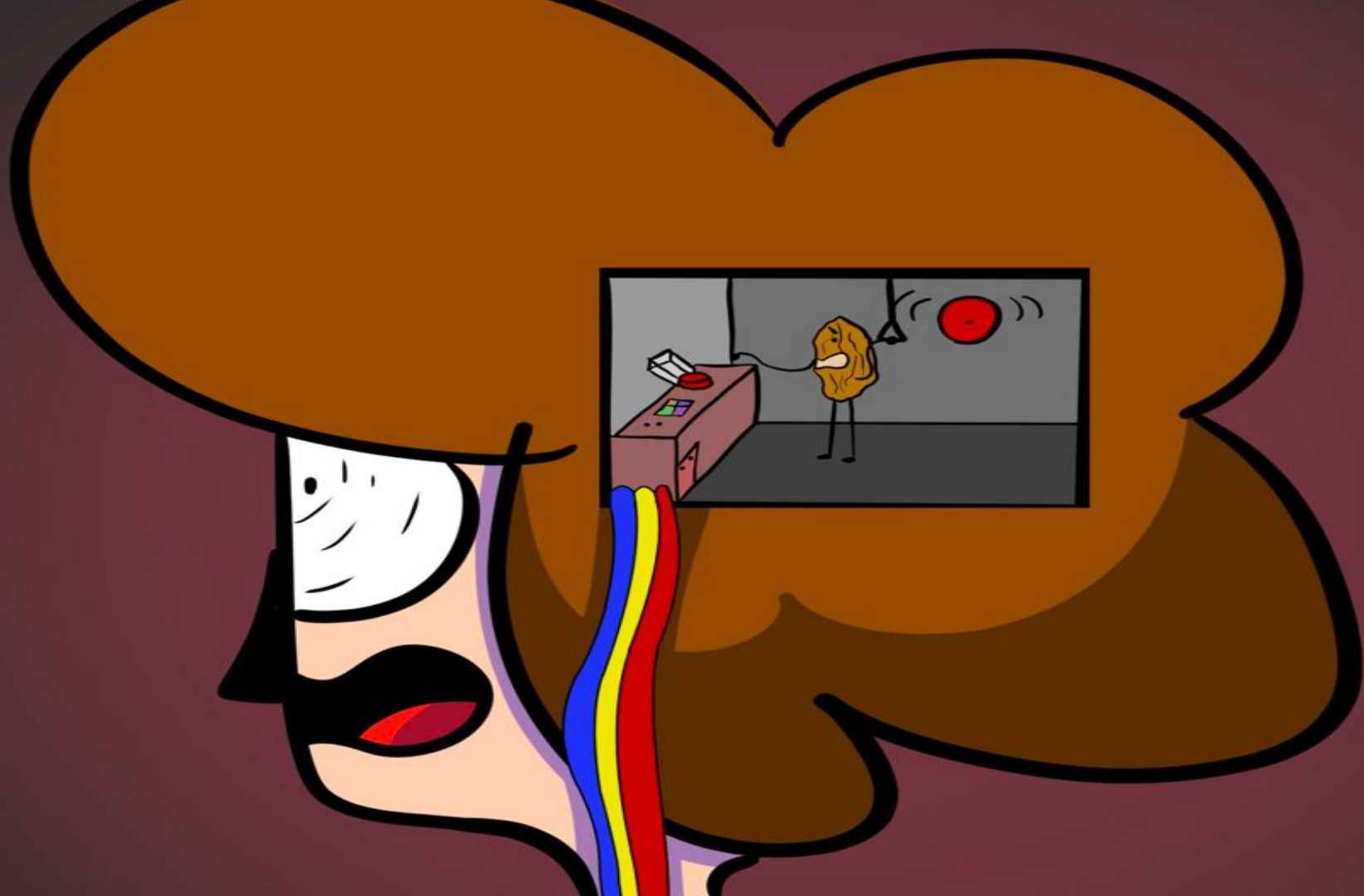
(NOT THE MEDIUM).

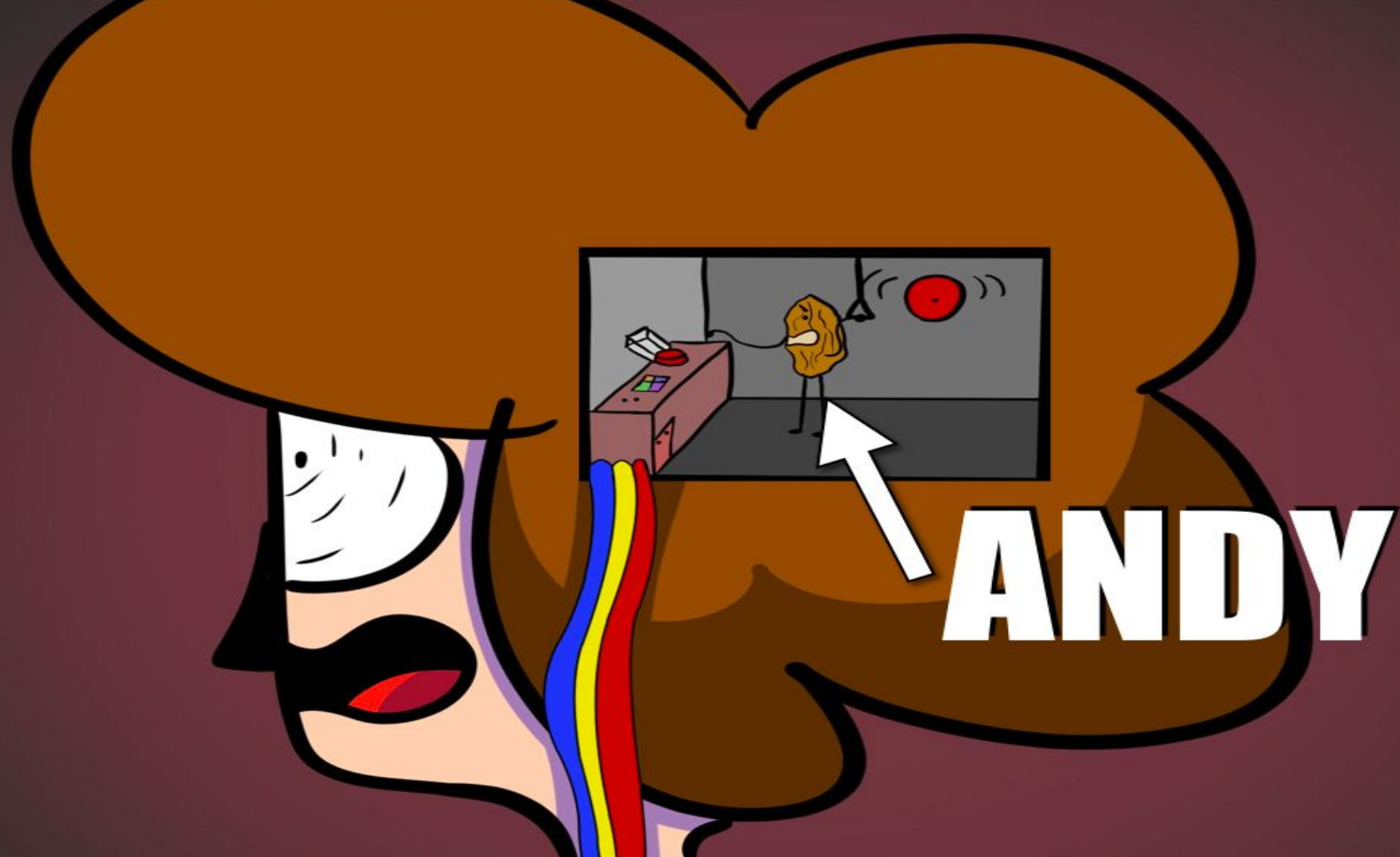
THE MESSAGE

I NEED TO BELONG
I WANT INDEPENDENCE
I WANT TO TAKE RISKS
I'M TRYING TO FIGURE OUT
WHO I AM
I'M GOING TO CHALLENGE
MY PARENTS
I WANT ATTENTION (+/-)
I'M AVOIDING SOMETHING
I'M HURTING
I'M OVERWHELMED
I'M SCARED

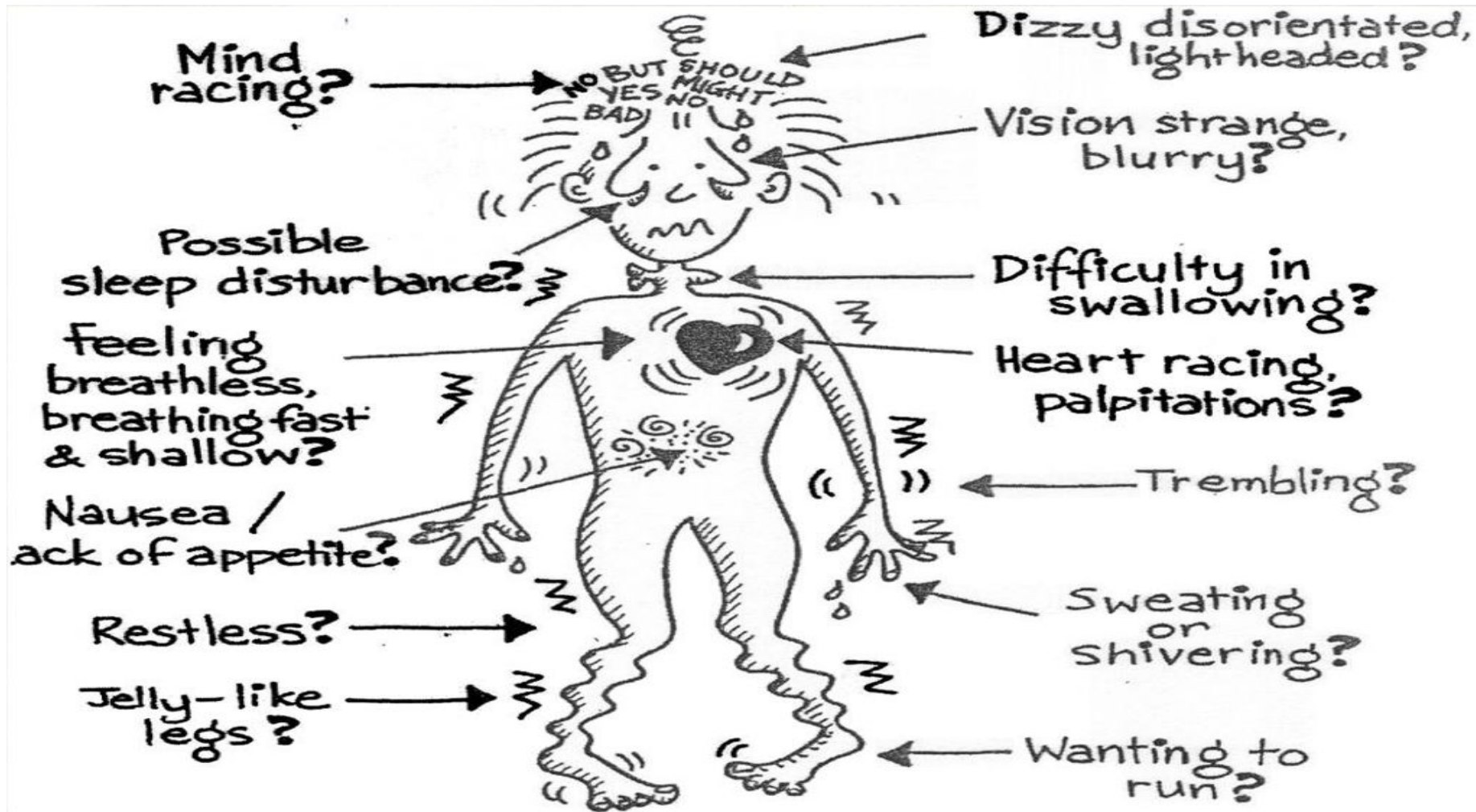


ANXIETY





ANDY



**FALSE
ALARM**



COPING SKILLS

FEELINGS

FIND THEM

FEEL THEM

Anger



Fear



Disgust



Happiness



Sadness



Surprise



Neutral



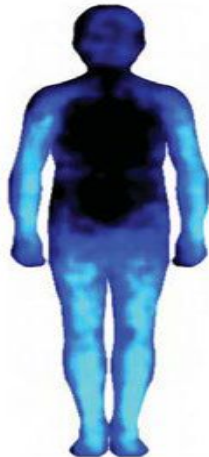
Anxiety



Love



Depression



Contempt



Pride



Shame






Envy










GROWTH MINDSET

-  I can try a different strategy.
-  Is this really my best work?
-  This may take some time and effort.

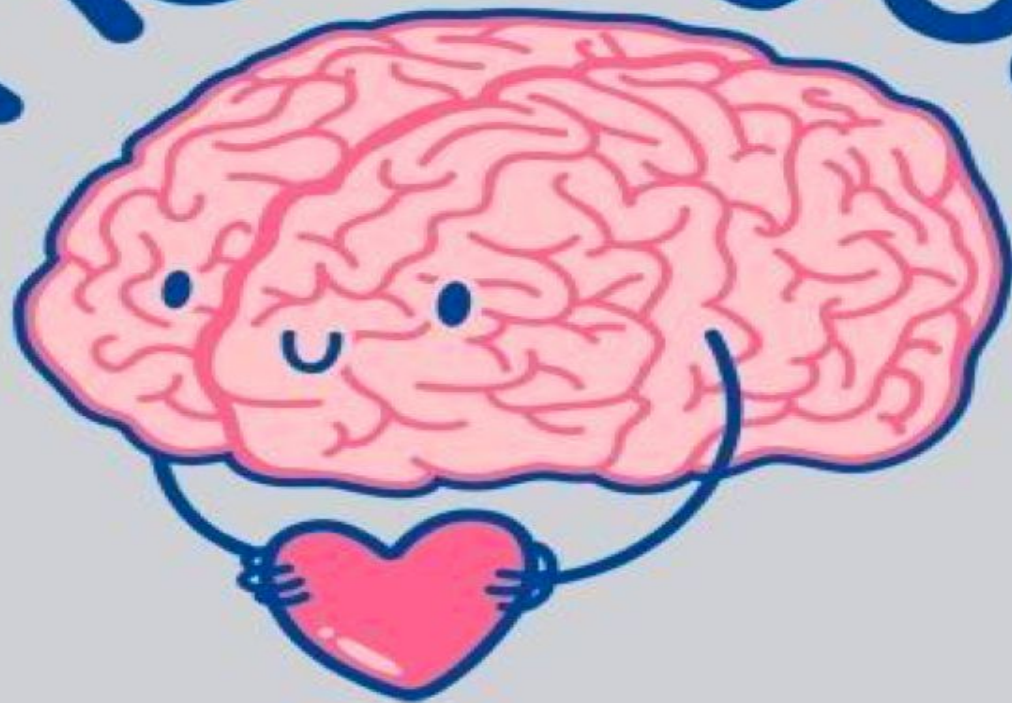


FIXED MINDSET

-  I can't do this.
-  This work is good enough.
-  This is too hard.



i lobe you



4 STEPS

Julie Lythcott-Haims

4 - They Can Do It Independently

3 - You Watch Them Do It

2 - You Do It With Them

1 - You Do It For Them



SELF-EFFICACY IS

"The belief in one's capabilities to organize and execute the courses of action required to manage prospective situations"- Albert Bandura



FAILING

an event



temporary



shows you stretch the limits



opportunity to learn



vs

BEING A FAILURE

by Anna Vital

a mindset



permanent



shows you gave up



end of learning



LOBSTER LESSON





LOBSTER DINNER

We're doing regular "Lobster Dinners." I got 5 of these cheesy plastic lobsters - one for each member of our family including my husband and me. Weekly, but we reserve the right to adjust the day if someone needs to "lobster up"! :) The deal is, everyone starts with a lobster at their place setting and when it's their turn, they get to put the lobster in the basket in the middle of the table and talk about some challenge/stress/adversity that they're having now (or in the past) and how it's making them grow.

YOU'VE
GOT
THIS











=====
COURSE TITLE
=====

CRSE NR

UNITS

GRADE

PNT
=====

Fall 2000 UC Boulder

College Arts & Sciences UGRD

Open Option

Equations & Inequalities

MATH 1000

(1.0)

F

0.0

Numerical Trigonometry

MATH 1030

(1.0)

W

0.0

General Psychology

PSYC 1001

4.0

B-

10

Originally graded as IF

Contemp Soc Iss/Humr Val

SOCY 2011

3.0

D+

3.9

Beginning Spanish 1

SPAN 1010

(5.0)

W

0.0

ATT 14.0 EARNED 7.0 GPAHRS 8.0 GPAPTS 14.70

GPA 1.838

College Arts & Sciences UGRD

Fall 2002 UC Boulder

Open Option

The American West

CAMW 2001

3.0

B

9.0

Creative Technology

CHEN 1000

3.0

A

12.0

Public Speaking

COMM 1300

3.0

C

6.0

Child & Adolescent Psychology

PSYC 2643

3.0

B+

9.9

Beginning Spanish 2

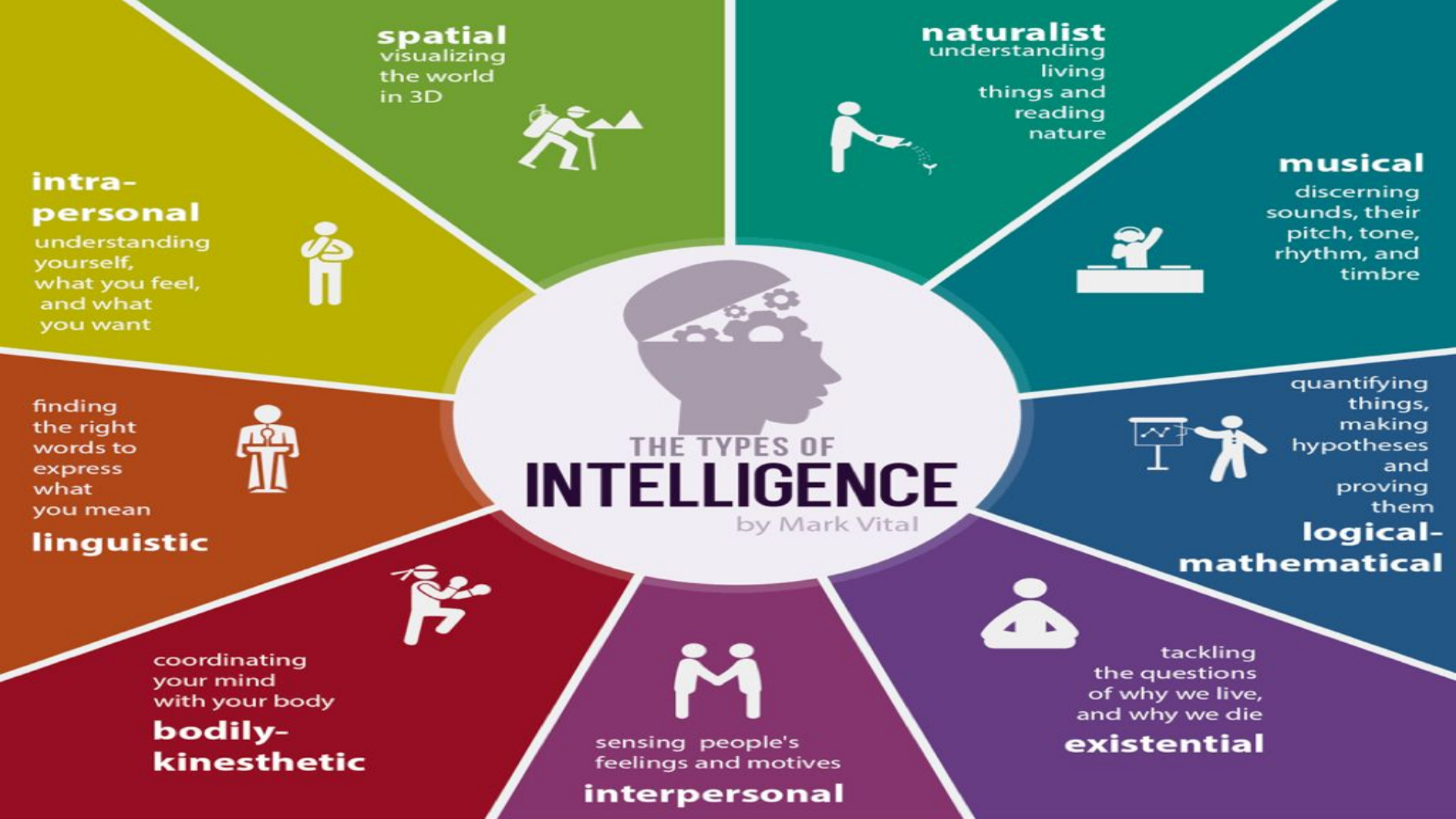
SPAN 1020

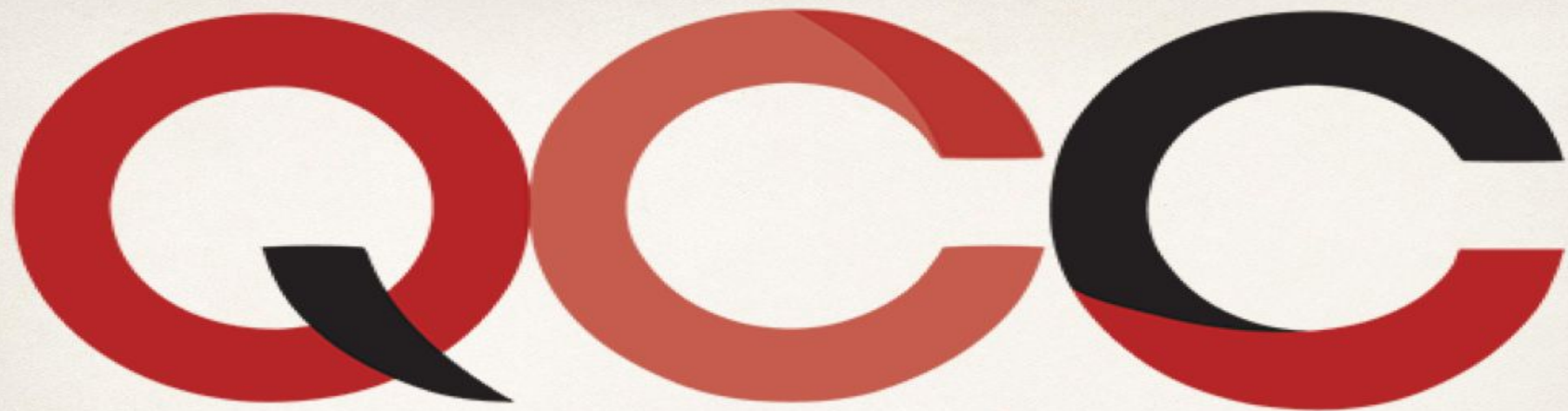
5.0

B

15.0

ATT 17.0 EARNED 17.0 GPAHRS 17.0 GPAPTS 51.90 GPA 3.053





QUESTIONS
CONCERNS
COMPLIMENTS

WHAT?

CAN WE DO



**PRAISE
THE
PROCESS**

Compliment

CHARACTER



Creativity



Curiosity



Judgement



Perspective



Bravery



Perseverance



Zest



Honesty



Social Intelligence



Kindness



Love



Leadership



Fairness



Teamwork



Forgiveness



Love of Learning



Gratitude



Spirituality



Self-Regulation



Humility



**Appreciation
of Beauty**



Prudence



Hope



Humor



THE BIG 7



Feeling Stressed?

Start with the Basics



Focus On Your



Sleep Consumption Outdoors Relationships Exercise

Sleep

Wow



SOCIAL SUPPORTS

PEERS

FAMILY



**SCHOOL
STAFF**

MENTORS

BUILD A TRIBE OF

REAL

RESPONSIBLE CARING ADULTS





**Children have
never been very
good at listening
to their elders,
but they have
never failed to
imitate them.**

— James A. Baldwin



*Thank
You!*