



INSIGHTS ON ADOLESCENT DEVELOPMENT

FROM YOUR STUDENT SUPPORT TEAM



HELLO!

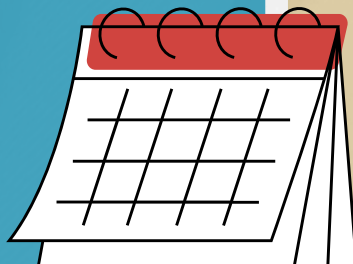
Believe it or not, we've almost reached the end of the year! Last week I had the pleasure of attending a conference in Atlanta hosted by the Institute for Global Learning (<https://globallearning.org/>) where we got to hear from Dr. Sanjay Gupta (Chief Medical Correspondent for CNN) about a variety of issues facing our young people. In his talk, I was struck by three very simple (but profound) points he made about parenting lessons he has learned through his journeys as a parent, as a doctor, and as a journalist. In this edition of our newsletter, I'd like to take some time to dive into each of these points and how we can implement them with our children!

As always, we are here to support you and your children. Don't hesitate to reach out if you need anything.

Lauren Garrett, Head of Student Support Team and High School Counselor

Planning Sessions

Planning and thinking ahead is a huge part of academic success. Encourage your child to attend a planning session with Mrs. Garrett if they need help with this! **Planning sessions are Monday and Thursday afternoons from 3:30 - 4:00.** Students are also welcome to email Mrs. Garrett for a 1-on-1 session at another time.



AT A GLANCE

- 1) WELCOME
- 2) ARCHIVED NEWSLETTERS
- 3) PLANNING SESSIONS
- 4) NORMALIZING STRUGGLE, ALLOWING FAILURE
- 5) HELP SESSIONS



If you missed any of our previous newsletters, not to worry! They are all archived and easily accessible through the Altamont website.

Follow this link to explore:

[Counseling and Support at Altamont](#)



Ingredients to Success = Failure, boredom, and writing your own story



Dr. Sanjay Gupta is a renowned neurosurgeon, medical reporter, and author known for making complex health topics accessible to the public. As the chief medical correspondent for CNN, he has played a key role in informing audiences about major health issues, from global pandemics to advances in brain science. Gupta is also a practicing physician, which allows him to bring real-world clinical experience into his reporting. Through his work, he has become a trusted voice in both medicine and media.

When he spoke at the IGL conference I recently attended, he was asked what his career and medical practice has taught him about being a parent. His response (three points seen to the left) was simple but as we know, there is nothing simple about being a parent. How do we let them fail? How do we refrain from rescuing them from the discomfort of boredom? How do we guide while also holding back enough to let them forge their own path? All while navigating the challenges, dangers, and unknowns of modern life? Let's explore the answers to the questions, and how these ideas might benefit our kids.

- Let them fail

- Boredom is not an emergency

- Let the story be theirs, not yours

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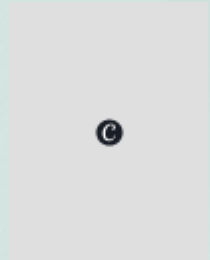




Ingredients to Success = Failure, boredom, and writing your own story

Let them fail...

It is our biological instinct to protect our kids. But without trials, failures, and challenges, they lose the chance to develop resiliency - an all too important life skill. February's newsletter offered a deep dive into the importance of failure to development. Click the linked image to the right to explore!



Boredom is NOT an emergency...

Executive Function Skills Cultivated in Boredom:

1. Problem Solving
2. Emotional Regulation
3. Planning
4. Flexibility
5. Organization

- “Moo-om, I’m bored.”
- “I hate that class, it’s so boring.”
- “Do I have to go? It’s going to be boring.”

Ah, boredom. While boredom used to be a fact of life, it has become easier and easier to “avoid” with the advent of smartphones and other forms of digital media. So, when we are thrust into boredom, feelings of discomfort arise. Anecdotally, we often see boredom in school being interpreted as anxiety and a need to leave class frequently.

In an article for The Institute of Digital Media and Child Development, Caley Arzamarski, PhD, NCSP, Psychologist and Clinical Assistant Professor of Child and Adolescent Psychiatry at Warren Alpert Medical School of Brown University, is quoted saying that “when kids slow down and have a lot of unstructured time, they may experience difficult feelings surfacing...which can often be challenging to sit with.”

As their caregivers, we may be eager to rescue them from these feelings of discomfort. However, from these moments of boredom come chances to process hard feelings, explore creatively, connect with others, and build resiliency. Life will be full of less-than-ideal moments, and the tolerance we build in boredom will be essential in those times. So next time your kid complains about being bored? Respond with a (probably very annoying to them) “Great! Tell me what you come up with!”

See the links below for further resources on the importance of boredom and how to cultivate it in your kids:

<https://www.childrenandscreens.org/learn-explore/research/on-boredom-a-guide-for-parents-and-educators/> (quoted above)

<https://childmind.org/article/the-benefits-of-boredom/>

The Power of Boredom: Why Boredom is Essential for Creating a Meaningful Life by Mark Hawkins

Personal Skills Cultivated in Boredom:

1. Self-Esteem
2. Creativity
3. Social Skills
4. Independence
5. Tolerance for Failure



**Ingredients to Success =
Failure, boredom, and writing
your own story**

Let their story be their own...

As he made this point, Dr. Gupta told a story of visiting his college alma mater with his daughter for an accepted students day. As they explored the campus and participated in various activities, he relayed stories of his own experience and shared hopes of things his daughter might get involved in or have her own experience of. He shared that, eventually, she turned to him and said something along the lines of, “Dad, stop. You have to let me have my own experience. It’s not going to be the same as yours.”

Whether it is seeing our kids go through similar experiences to ours and having specific expectations of what that will be like, mistakenly trying to manage their lives in order to keep them from failure, or simply having a dream of how we hope their lives will turn out, we can all benefit from this reminder that this story is *theirs* not *ours*. In both challenging and positive ways, their story will not play out like ours did.

Allowing the story to be theirs does not mean being a hands-off parent. It does mean celebrating who they are, monitoring our own expectations (and keeping them at bay sometimes), supporting *their* goals even when they are different than our own, taking an interest in their interests, and allowing them to try and fail at things.

As we all try to let our kids write their own stories, here are some resources that can help us:

How to Raise an Adult by Julie Lychott Haims

[Raising Confident, Independent Children](#)

[The Emotional Lives of Teenagers](#) by Dr. Llsa Damour