



# JOSEPH KUSHNER HEBREW ACADEMY RAE KUSHNER YESHIVA HIGH SCHOOL

## LEARNING CENTER PARENT WORKSHOP FOCUSES ON HELPING KIDS FACE CHALLENGES

On Wednesday evening, approximately 25 Lower School parents attended a workshop entitled, “Raising Resilient Kids in the Face of Academic and Social/Emotional Challenges.” The program was designed to share information and strategies for fostering perseverance and a strong work ethic in children. Learning Center Director Shari Faleck and School Psychologist Rena Lazar presented a Power Point slide show which introduced parents to the theory of “Growth Mindset,” a concept developed by renowned psychologist, Dr. Carol Dweck. Dweck’s extensive research demonstrates that when we instill a Growth Mindset in children, they are more likely to expend greater effort in tackling challenging work, be motivated to take risks, and willing to turn their mistakes into opportunities for growth. Parents took a quiz in order to reflect on their own Mindset, agreeing or disagreeing with statements such as: “There are some things I’ll never be good at,” “I enjoy getting out of my comfort zone,” “When others do better than me, I feel inspired,” “I believe that intelligence can be developed throughout my life.” An introduction to the power of the word “YET” taught parents that this simple word can be used to change a child’s proclamation of “I can’t do this!” to “I can’t do this YET!”

One of the highlights of the evening was the presence of two guest speakers; a young lady who is an RKY-HS Senior, and a gentleman who as an accomplished graduate of both JKHA and RKYHS, has earned his Doctorate in School Psychology. Both of these speakers spoke passionately about their educational journey, describing how they overcame obstacles and challenges through hard work and perseverance together with a strong support system in school and at home. They were certainly a source of pride and chizuk for their rapt audience!

