

Teen Growth and Motivation

Joy Tang, Lynbrook High School

Alex Wang, Leland High School

Michelle Tang, Palo Alto High School

Overview

Some ways teens mature:

- Independence
- Responsibility
- Exploration
- Self-reflection (awareness)
- Risks

Two Mindsets

- Performance mindset: learning for validation
- Growth mindset: learning for the sake of knowledge and improving
 - teens with this mindset will be more motivated
 - encourage this mindset

Independence

- Builds responsibility and self-reliance
- Motivation: intrinsic vs. extrinsic
- Self-understanding
- Healthy relationships

Achieving Independence

- Activities, self-management
- Trust
 - Be patient
 - Give them a chance
 - Let them advocate for themselves



Exploration

- Exploration -> Passions and Hobbies -> Motivation
- Be open-minded
- Develop interests organically
- Take opportunities
- Experience parts of the world
 - Get out of your bubble

Exploration (cont.)

- Values
- Goals
- Hobbies/Interests/Passions
- Relationships
- Self-expression
- Background

Self-Reflection

Emphasize:

- Learning from experiences
 - 5 reasons why you feel _____
 - Writing/journaling
- Importance of open-mind and critical thinking
- Difficult process

Trust

- Starting point
- Start off slow
- Be trustworthy
 - self aware
 - follow up on your promises
- Communication

Communication

- Nonviolent communication
 - make observation
 - state feelings
- Give specific compliments
- Focus more on the positive
- Empathize at all times

Nonviolent Communication

Expressing how I am

When I (see, hear)...

I feel...

...because I need/value...

Would you be willing
to...?

Receiving how you are

When you (see, hear)...

You feel...

...because you need/value...

Would you like...?

Gratitude

- Consistent routine
- Be thankful for growth from hurt
 - How you grew, process of recovery
- Regrets come with blessings
- Be grateful for each other
- Be grateful especially when it's hard
- Humility, selflessness
- Leads to happiness

Developing Social Skills

- Put yourself out there
 - Find common passions
 - Be open
 - Discomfort is not bad - growth mindset
- Remember that not all kids are the same
- Parents: encourage teens to spend time with friends
- Awkward encounters are not a bad thing
- Keep meeting friends

Conditions of Growth

- Are you able to talk about each other's emotional issues comfortably?
 - Speaking/listening
- Can you share without feeling judged?
- Has your teen asked you for help when they need it?
- Do you only talk when there's a problem?
- Can you resolve issues without raising your voice?