

Personal Growth

Overview

More deeply going to be looking at

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

Growth vs Performance Mindset

- Growth mindset: learning for the sake of knowledge and improving
- Performance mindset: learning for validation

Independence

Benefits:

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

Methods:

- Activities
- Self-management

Freedom

- Freedom from obstacles
- Society:
- People
- Self
- Societal norms

- Trust can be difficult
 - Patience
 - Relationship improves with the mutual understanding
 - compromise

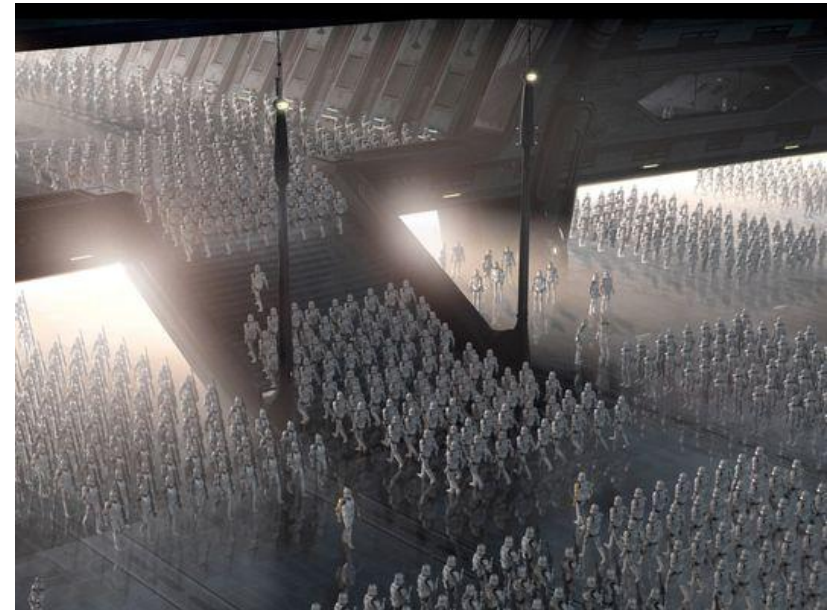


Exploration

- Passions & hobbies
- Be open-minded
- Don't specialize too early
 - develop how to be free
- Take opportunities
- External exploration
 - We live in a bubble
 - Experience parts of the world

Individuality

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



Self-Reflection

- Self reflection is a skill
- Learning from experiences
- Importance of open-mind and critical thinking
- Don't force it on someone else
- Difficult and uncomfortable process
- Look for outside resources
- Treat yourself like your friend
- Can be with others

Trust

- All components build on trust
- Need to trust that child will make wise choices
- If not completely believing, start off slow
- Talk to them: communication helps
- Child trusts you and can rely on you in times of need
- Don't betray your parents' trust!

It Takes Time

- Don't expect growth to be a fast process
- Have patience, and help them in this process
- Trust your child to improve on their own
 - Let them learn how to grow independently
- Work with each other
- Patience is key!

Conditions of Growth

- Growth is about dedicating to improvement and changing
- There isn't one way to mature
- Guidance
 - Knowing why
- Setting your own standards
 - With help/advice/consideration of other's standards
 -
- Emotional Health

Social Growth

- Different social starting points
- Similar to academics/physical skills
 - Can be built
- Different personalities

Developing Social Skills

- Put yourself out there
 - Find common passions
 - Be open
- Remember that not all kids are the same

Graveyard

(Extras after this)

Responsibility

- Like any skill, comes more naturally to some but can nonetheless be developed
- Skill that will be used throughout life, especially when entering the workforce
- Maybe start small and call a certain task their responsibility
- Having the duty to fulfill certain tasks

What is personal growth?

- Definition: **Personal development** includes activities that improve awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance quality of life and contribute to the realization of dreams and aspirations.
- Basically: personal change – achieve personal goals
- Goals in different areas: career goals; family goals; financial goals; spiritual goals
- Major ones to students: family goals and spiritual goals

How to achieve personal growth?

- Planning: the start of any change – the initial point of personal growth
- Knowledge and education: the foundation of personal growth
- Models: family members (parents) – success models can make positive influence (example)
- Certain skills: social skills; personal communication skills such as body language
- Risks: risk takers – reward getters; however: calculated risks (opportunities)
- Self awareness – self-honesty; self-esteem; self-reflection

Why Are You Here?