THE WELL-BALANCED STUDENT
A Presentation for Parents
Jennifer Coté  |  School Program Director
DEFINING SUCCESS

How do you define success?

What are characteristics of a successful person?

What do you value most?
MEET ANDY BISHUS
I Wish My Parents Knew...
...I stress less about school work than the fact I have to know what I’m going to do for the rest of my life.

...Taking a break, or in their eyes “being lazy,” is literally what keeps me going and is absolutely necessary.

...I’m sad a majority of the time; I’m also very stressed.

...Most students are always sleep-deprived, including me.
...I am not super human.

...How exhausting and challenging school can be. Waking up early is super hard and staying up to do homework after sports is so exhausting.

...That I’m insecure and care what they think, but I’m going to figure it out.

...How hard I work to please them.
Our Origin Story
People don’t go to school to learn. They go to get good grades, which brings them to college, which brings them the high paying job, which brings them to happiness, or so they think.

Kevin Romoni, Grade 10, Doing School
SURVEY

Completed by over 180,000 middle & high schoolers at over 200 schools

Questions include items on:
  - Academic engagement
  - Physical and mental health
  - Homework
  - Academic worry
  - Beliefs about teacher care/support
  - Stress and ways to alleviate it
HOMEWORK

Nightly homework load:

Middle School: 2.1 hrs/night  
High School: 3.1 hrs/night

% doing more than 3.5 hours/night

Middle School: 15%  
High School: 30%

Associated with poorer physical health

Over 50% perceive most of their homework to be busywork
**EXTRACURRICULARS**

90% in at least 1 extracurricular

Avg number of hours in extracurriculars:

- **Middle School**: 6.9 hrs/week (0-32)
- **High School**: 10.5 hrs/week (0-35)
Consequences of Sleep Deprivation:

- Depression & anxiety
- Issues with short & long-term memory
- Bullying
- Car accidents
- Other
CHEATING

Report cheating in past month:
**Middle school:** 81%
**High school:** 87%

**63% of MS students** and **72% of HS students** worked together when asked for individual work

**More than half of students** view this as “not cheating” or “trivial”
ENGAGEMENT

Affectively  Behaviorally  Cognitively
ENGAGEMENT

Affectively

» Finds schoolwork interesting
» Enjoys doing work

Behaviorally

Cognitively
ENGAGEMENT

Affectively
» Finds schoolwork interesting
» Enjoys doing work

Behaviorally
» Completes assignments
» Works hard

Cognitively

CHALLENGE
SUCCESS
ENGAGEMENT

Affectively
» Finds schoolwork interesting
» Enjoys doing work

Behaviorally
» Completes assignments
» Works hard

Cognitively
» Finds schoolwork valuable
» Thinks schoolwork builds skills and understanding
FULLY ENGAGED

Middle School Average: 28%
High School Average: 16%

Affectively  Behaviorally  Cognitively
DOING SCHOOL

Middle School Average: 31%
High School Average: 40%

Behaviorally

Affectively

Cognitively

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SUCCESS
ACADEMIC TOLLS

Performance pressure

Widespread disengagement

Lack of creativity

Inability to solve complex problems

Not prepared with 21st century skills
HEALTH TOLLS

Sleep deprivation

Lack of resilience

Anxiety and depression

Bullying

Increase in substance use

Other debilitating disorders
Is it possible to have balance in today’s fast-paced culture?
OUR MISSION

Challenge Success partners with schools, families, and communities to promote a broad definition of success and to implement research-based strategies so that all kids are healthy and engaged with learning.
HOW KIDS SPEND THEIR TIME

SCHOOL
HOMEWORK
EXTRA-CURRICULARS
PAID WORK
CHORES
MEDIA
UNSTRUCTURED TIME
FAMILY TIME
SLEEP
HOW KIDS SPEND THEIR TIME
HOW KIDS SPEND THEIR TIME

- School
- Homework
- Extra-curriculars
- Paid work
- Chores
- Media
- Unstructured time
- Family time
- Sleep
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HOW KIDS SPEND THEIR TIME
WHAT PARENTS CAN INFLUENCE

- School
- Homework
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- Paid work
- Chores
- Media
- Unstructured time
- Family time
- Sleep

CHALLENGE SUCCESS
PLAYTIME

Preserve chunks of **unstructured time**

Rank extracurriculars with **1-10 tool**

Consider regular **playdates/get-togethers**

Allow for **social lives**
DOWNTIME

Permit time to **chill/rest/rejuvenate**

Allow moderate doses of **screen time**

Encourage **self-directed relaxation** (reading, music, etc..)
FAMILY TIME

Protective factor

Avoid scheduling during *dinnertime*

Preserve time for *family traditions* and *service activities*

Designate *unplugged time* together
PDF provides breathing room and protective factors for kids of all ages
STUDENTS’ SCHEDULE & USE OF TIME
PROJECT & PROBLEM-BASED LEARNING
ALTERNATIVE & AUTHENTIC ASSESSMENT
CLIMATE OF CARE
EDUCATION

SPACE
PROJECT & PROBLEM-BASED LEARNING

Relevance
Rigor
Student voice & choice
ALTERNATIVE & AUTHENTIC ASSESSMENT

Revision & redemption
Grading policies
Social-emotional learning
Advisory
Positive coping strategies
PROTOCOLS TO ENGAGE STUDENT VOICE

I Wish Campaign

Dialogue Night

Fishbowl

Shadow Day

Digital Storytelling
STRATEGIES FOR PARENTS

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Debunk the college myths
Engage in dialogue & advocacy
COMMITMENT

Choose 1 actionable commitment

Specific and complete-able

**TOO VAGUE/BROAD:** I will limit the stress my child feels about homework

**GOOD:** For 2 months, we will keep Tuesday nights free of commitments
STAY ENGAGED

Check out our Book

School Program: Conferences, coaching

Professional Development: Live & video

Surveys

Parent Education: Live and video
(College Fit coming in 2020)

Research and Resources: White papers,
Book recommendations, “Do You Know”
Success

what people think it looks like

what it really looks like
THANK YOU