

1/12/17- PTA Meeting

Parent Questionnaire: "How can I judge if my child is over-stressed by his/her workload?"

- 1- Does your child seem *happy*?
- 2- Does your child seem *confident* (regardless of his/her grades)?
- 3- Has your child been able to keep up academically without compromising his/her *health* and/or *morals* (i.e. sleep deprivation; constant irritability/frenetic state; cheating; Adderall; frequent illnesses; absences/lateness to keep up with deadlines)?
- 4- Has your child been able to keep up academically without having to eliminate/reduce *extracurricular/social activities*?
- 5- Has your child been able to keep up academically without additional *outside academic supports* (i.e. Academy; private tutoring)?
- 6- Does your child want to enroll in an AP course because of his/her *love of the subject area* and/or *future career* aspirations?

**If all/mostly 'yes's you may want to consider Honors/AP classes*

**If 2 or more 'no's your child should proceed with caution prior to enrolling in an AP course.*

"What can parents do to create balance?"

- 1- Re-define success
- 2- Reset the balance
- 3- Re-define the definition of successful parenting
- 4- Learn about the toxic effects of stress & sleep deprivation
- 5- Talk honestly/listen openly to your child
- 6- Tell them it's OK to ask for help
- 7- Parents need their own personal connections to thrive
- 8- Ask your child: "Do you feel seen and loved for the person you are at your core?"
- 9- Create your own healthy habits
- 10- The first step to creating balance is awareness.

Resources:

Beyond Measure by Vicki Abele

Mindset by Carol Dweck

The Conscious Parent by Dr. Tsabary

A Whole New Mind by Daniel Pink

The Gift of Failure by Jessica Lahey

The Happiness Advantage by Shawn Achor

Ken Robinson: Do schools kill creativity? https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity