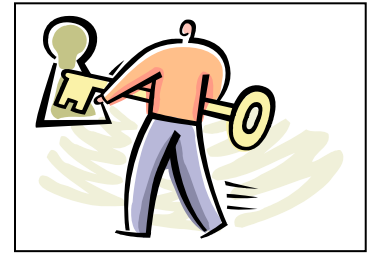


SUCCESS CLUES FROM "DR. K." EVERGREEN'S SUCCESS COACH AND SCHOOL PSYCHOLOGIST



NOVEMBER'S SUCCESS ATTRIBUTE #1: SELF-AWARENESS

As parents, teachers, and concerned adults we all share the common goal for youth to experience more success in their lives. Success means different things to different people, yet we can all agree that success is something we want more of in our lives. There are many different paths to success, but there are six key attributes that are found in the character of successful individuals. The Frostig Center in Pasadena, as well as many other researchers, has spent several years identifying the most important qualities that contribute to a successful life. Each month, I will share with you one of the success attributes and provide you with some ideas as to how you can foster key characteristics in the lives of our youth.

Success begins with gaining a clear understanding of ourselves which is rooted in well-rounded **Self-Awareness**. Successful people recognize their natural strengths and areas of needed growth. It is vital that every child sees him/herself as a valuable, capable, and loveable person. From this strong base of unconditional love and belonging grows an awareness of natural talents and areas of needed development. We can not move toward success until we first feel good about who we are at our core. That is why it is so important that children hear positive messages about themselves from the adults in their lives. The following information is provided by the Frostig Center to help caring adults develop self-awareness in youth:

General Self-Awareness

In order to develop self-awareness, youth need to:

- Understand what self-awareness is and its importance;
- Develop awareness of personal strengths, weaknesses, and talents in various settings (not only school);
- Gain awareness of their feelings, opinions, and personal values and how they relate to those of others;
- Develop their own definition of success;
- Develop "niche-picking skills" (matching their abilities to specific settings).

Far too often, the development of self-awareness focuses almost entirely on academic performance at school. However, in order to gain the highest level of self-awareness and acceptance, an individual must understand his or her strengths, weaknesses, special talents, desires, fears, and beliefs in a number of areas. These include:

- Psychological/emotional;
- Physical;
- Social;
- Educational;
- Communicative;
- Philosophical (personal values, ethics).

In order to foster general and specific learning disability self-awareness, the following activities are recommended by the Frostig Center (source- www.ldssuccess.org):

GENERAL ACTIVITIES FOR FOSTERING SELF-AWARENESS

- Work with your child to develop and discuss lists of his or her individual strengths, weaknesses, and special talents or interests. Consider all areas, not just school-related.
- Use the words "strength," "weakness," "limitations," and "special talents" to describe the behavior of all members of your family.
- If your child has trouble with learning, arrange for your child to talk to adults with learning disabilities about their experiences -- both struggles and triumphs. If you have a learning disability yourself, share your own feelings, experiences, and thoughts.
- Help your child choose potential jobs and careers that best match his or her abilities and discuss relevant choices.

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