

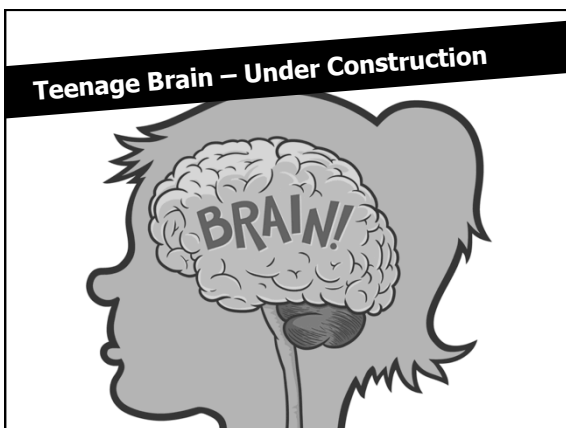


“Our youth now love luxury. They have bad manners, contempt for authority; they show disrespect for their elders and love chatter in place of exercise; they no longer rise when elders enter the room; they contradict their parents, chatter before company; gobble up their food and tyrannize their teachers.”

Who Said This + When?

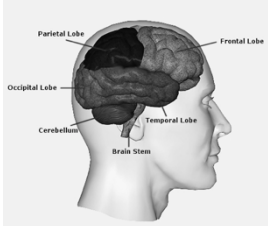
"The young people of today think of nothing but themselves. They have no reverence for parents or old age. They are impatient of all restraint. They talk as if they alone knew everything and what passes for wisdom with us is foolishness with them. As for girls, they are forward, immodest and unwomanly in speech, behaviour and dress."

Who Said This + When?



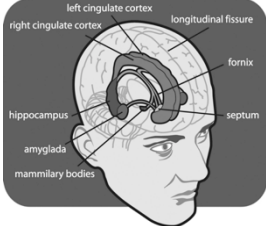
- Order Of Brain Development**
1. Basic Life Sustaining Functions
 2. Emotional Control Centres
 3. Cognitive Control Centres

Brain Stem + Cerebellum



- Blood Pressure
- Heart Rate
- Body Temperature
- Movement
- Motor Skills
- Sleep

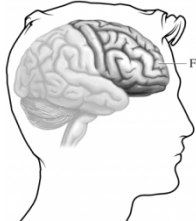
Limbic System



- Emotional System
- Long-term memory
- Sensory Perception
- Hormone Secretion
- Motor Function

Frontal Lobe / Pre-Frontal Cortex

Last part of the brain to come online



- Decision Making
- Planning Ahead
- Impulse Control
- Reasoning
- Logic
- Risk Assessment

Increased Risk Taking
 Greater Emotional Reactivity
 Forgetful
 Disorganised
 Poor Decision Making
 Short Attention Span
 Failure to Follow Through

“Turbo charged car with an unlicensed driver”

Teen Challenges

- Punishment has **less** of a behavioural impact.
- Focus on **rewards** for positive behaviour.
- **Smaller** and more **immediate** vs Larger and more distant rewards.
- **Peer reward/recognition** have huge impact.

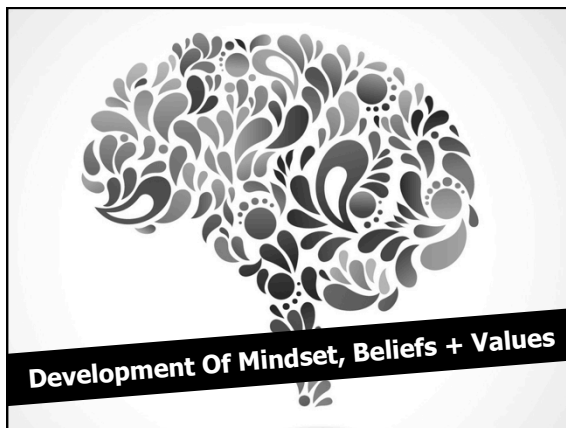
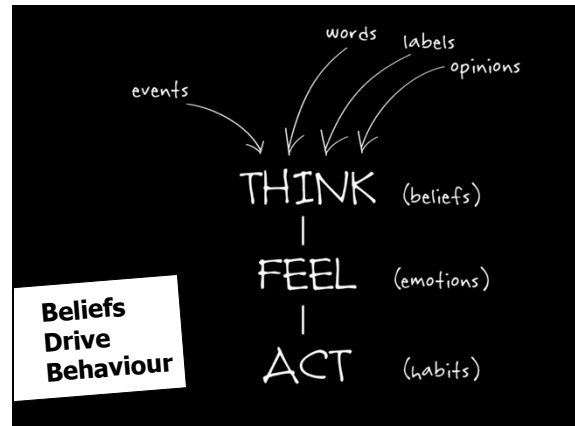
Risk V Reward In Teen Motivation

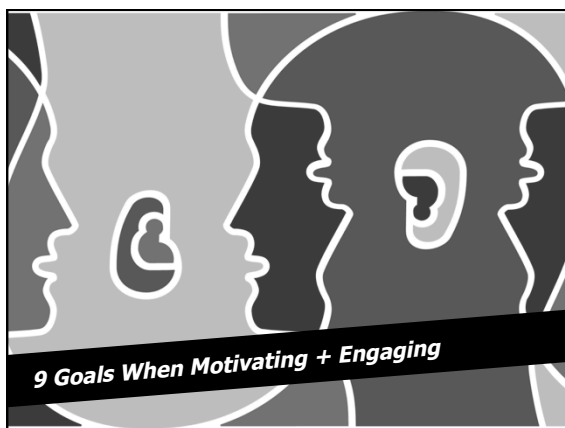


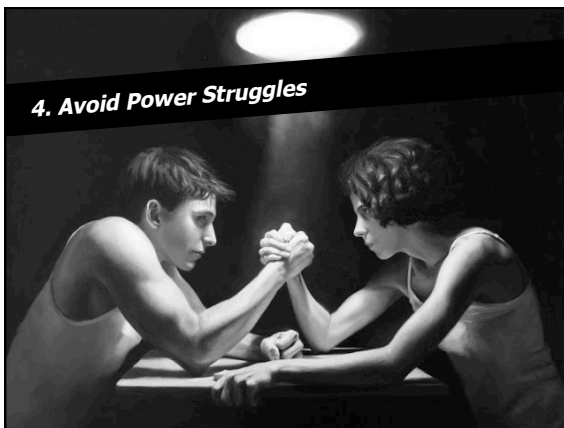
BEHAVIOUR

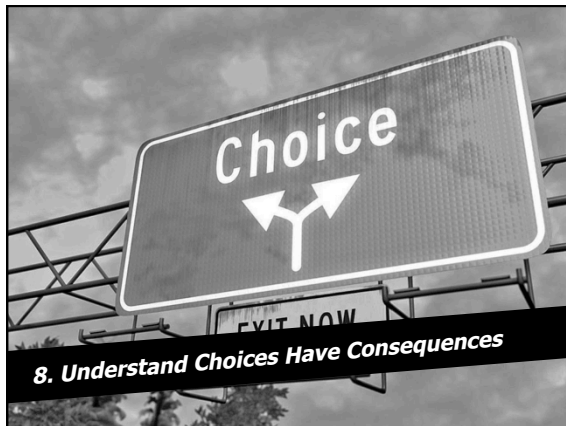
SKILLS / STRENGTHS
 EMOTIONS
 BELIEFS / VALUES
 6 CORE NEEDS
 IDENTITY / PERSONALITY
 PURPOSE / MISSION

ENVIRONMENT










Relationship, Relationship, Relationship

It may not be your job for kids to LIKE you, but if kids don't LIKE you they will not LEARN from you!

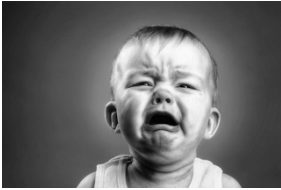


- Relate on levels beyond your subject matter
- Take interest in things that interest your students
- Fight for connection over correction
- Remember the 3 fears



Emotional Self Management Is Key To Great Learning Outcomes For Your Students

Your skills and competence can be completely derailed by an inability to manage your own emotions and responses when things get challenging




- Show your young people that their challenges and behaviours are a piece of cake
- Create certainty + calm
- Model resilience + self management

3. Tune In



What You Tune In To Will Dictate What You Pick Up

As a trusted adult your focus needs to be on what you want to see in your young people, your classroom and in yourself.



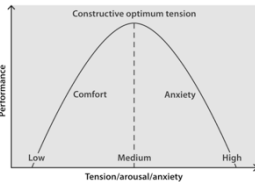
- Pygmalion + Golem Effects
- Expectation
- Ask empowering questions
- Choose what you focus on
- "I've noticed..."
- What needs, fears, beliefs may be at play in behaviours?
- Empathy Without Judgement

4. Reward The Positive



Reward Vs Punishment

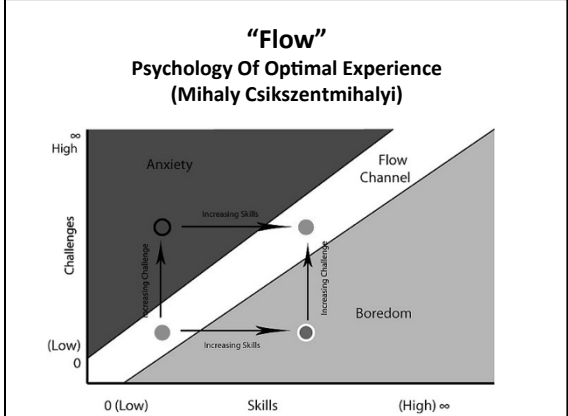
Punishment has *less* of an impact on managing or modifying behaviour than, positively rewarding desired behaviour.

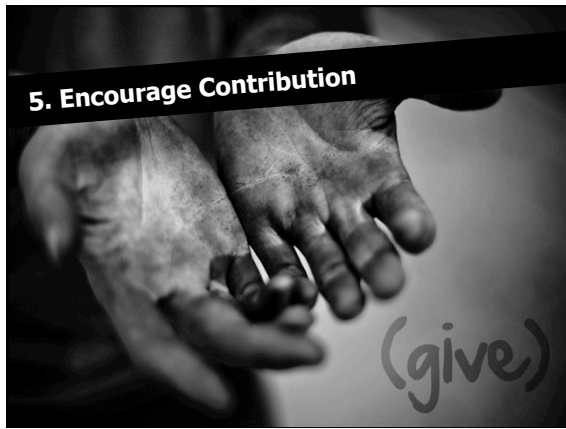


- Focus on **rewards** for positive behaviour.
- **Smaller** and more **immediate** vs Larger and more distant rewards.
- **Peer reward/recognition** have huge impact.
- Gamification in the classroom

"Flow"

Psychology Of Optimal Experience (Mihaly Csikszentmihalyi)





The Power Of Contribution

“...we scientists have found that doing kindness produces the single most reliable momentary increase in well-being of any exercise we have tested.”
- Martin Seligman, Father of Positive Psychology

GIVING

Changes Everything

- Social Contribution
- MAD Projects
- Helping Others
- Random Acts of Kindness



Passion and Purpose Enables Motivation and Meaning

Passion gives us energy when we need to work hard to reach our goals. When things get tough passion is the driving force which will help young people keep going.

- What does your young person love – encourage them to discover their passions.
- Connect learning and development to future purpose
- Purpose comes from finding an opportunity to contribute to a cause



Help Your Children Discover The Seeds Of Potential Within Them

Create environments which allow for and encourage your young person to discover and unpack their skills, talents, passions and potential

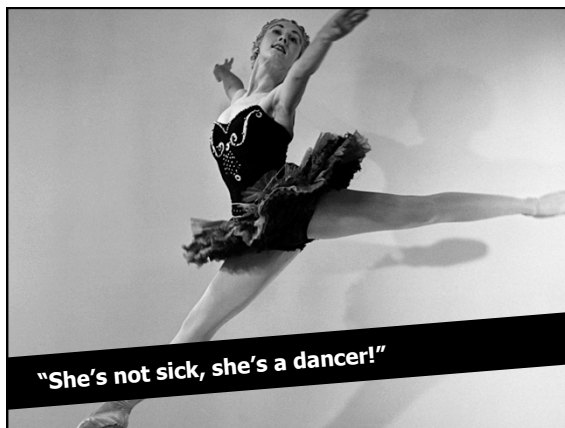
- Self discovery
- Stretching beyond their comfort zone
- Try new things
- Experience new cultures
- Expand their horizons

Positivity can act as a guard around young people against criticism, rejection and bullying.

A young persons sense of realistic optimism and self esteem is built on two things:



1. **Competency** (relates to potential and practice) –
"I am capable because I can do stuff"
2. **Communication** from trusted adults –
"I am capable because people say I am."



THANK YOU!

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