



St. Louis Community School,
Kiltimagh

‘Supporting your
Child’s Education’

First Year Parents

2015-2016



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Core Value

“To enhance, improve & maintain the quality of relationship with your children”



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Guidance Counsellor

Ms Ruane



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Outline:

- Self Worth vs Self Esteem
- ‘Choice Theory’ - a new approach
- 10 steps to Success in Post Primary



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‘Self Worth & Self Esteem’

- Self-worth is a given,
unchangeable



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‘Self Worth & Self Esteem’

- Self-esteem is a screen, a crust you form around your real self in order to survive

Presento Media





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‘Self Esteem....two dimensions’

1. Feeling of being lovable
 2. Feeling of being capable
- Denial can lead to two reactions:



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1. Apathy & Avoidance
2. Compensation

“..with no effort, no failure,
with no failure, no
humiliation” **Tony Humphrey**



3/09/2015

gg58423171 www.gograph.com



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‘Your Child’s Motivation to learn’

- Parents know nothing
- Success & failure
- Parents reaction



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- Emphasis on effort not performance
- Parents are powerful
- Relationship is key

**BELIEVE
IN YOU!**

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Your Self-Esteem affects your child's

Determines well being of family on 4
levels: Physically, Psychologically,
Socially & Educationally

- *Effects of our childhood experiences*

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‘Making your Child’s Learning Positive’

- Absence of ridicule, sarcasm, criticism
- Presence of love, encouragement, praise & self belief



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‘Parents as Models’

- ‘Their brains are like sponges’

Tony Humphrey

- Show interest
- Be organised/set time aside
- Share your knowledge & ambitions

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**‘How can you be actively
involved?’**

- 2 key issues are knowing:
 1. What to teach
 2. How to teach



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‘Choice Theory’ - a different approach

- “The only person who’s behaviour we can control is our own”
William Glasser
- Choice Theory can improve your relationship with your child



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A Personal Journey

The story.... Ken & John

“If what your doing isn’t
working **change**’

William Glasser



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‘Old (Psychology)- Before

- External Control
- Can only change our behaviour
- Common sense becomes a block
- Not a question of right or wrong



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‘New (Psychology)- After’

- Internal Control

*“ The only persons behaviour I
can control is my own ”*



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- You are responsible for your own choices- they are responsible for theirs
- I accept the consequences for my choices, good & bad- so do they



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‘Choices’

*“We almost always have choices-
the more aware we are that we
have choices the more control we
have in our lives”*

William Glasser



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Your 'Quality World

Pictures' - as unique as our fingertips

- Your family- your children been happy
- Wanting your child to succeed- academically & socially
- Wanting your child to value their education-ambitious, self-belief



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Your 'Child's Quality World'- what matters to them

- Relationship with significant adults
- Relationship with friends
- Sport/ Music/ Art
- Expressing their identity (clothes.
Music)
- Education

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Language of Support vs Control'

- Listening
 - Supporting
 - Encouraging
 - Respecting
 - Trusting
 - Accepting
 - Negotiating
- Criticizing
 - Blaming
 - Complaining
 - Nagging
 - Punishing
 - Bribing



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**Keeping you in your
Child's 'Quality World'**

“Unless children feel loved and accepted for themselves they are at a serious disadvantage when it comes to their Educational Development”

Tony Humphrey



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‘Ten Steps to Success’

- **Attendance:** be in school every day, ready for work
- **Punctuality:** be on time for school and each class
- **Homework:** encourage to take time and effort to complete all HW & revision



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- **Determination:** make the right choice--choose to reach your true potential
- **Self-evaluation:** take time to reflect on your experiences and choices-



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- **Respect:** for themselves, their teachers, their fellow students and their environment
- **Good manners:** politeness costs nothing and makes them nicer to know
- **Co-operation:** work with their teachers and fellow students



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- **Participation:** get involved in all the activities which are available to them
- **Willingness to learn and improve:** this is key to ‘SUCCESS’



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‘Motivation’

“To instil self belief into someone
is to change their life”

Brian Gilsenan

BE THE BEST



**YOU
CAN
BE!**

SCHULZ