



*Civil Behavior  
Getting to the Heart  
of the Matter*

### Civil Behavior in Action

Goal setting is a skill that is taught in all grades. Examples include:

District 64's Physical Education teachers help students in grades 4-8 develop individual self-improvement fitness goals.

At Carpenter School, each trimester students earn Respect Rules tickets toward a schoolwide goal for the incidence of students who demonstrate good behavior.

Emerson Middle School rewards excellence in behavior with the "Eagle Eyes" program; staff nominate students who are "caught being good" and a good news phone call is made to their parents.

Roosevelt School teachers incorporate daily problem solving in their lesson plans. Students have the opportunity to be a "Problem Solver of the Month", whether related to solving math problems or playground issues.

### MORE HELP FOR PARENTS

#### *Seven Strategies for Developing Capable Students*

by H. Stephen Glenn

#### *Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People*

by H. Stephen Glenn

#### *Positive Pushing : How to Raise a Successful and Happy Child*

by Jim Taylor

# Heart-to-Heart

Making Civil Behavior an Accepted and Expected Part of Our Lives



## Excellence, Positive Attitude, Motivation

...do the best you can and be proud of it

...choose an optimistic way to think, act, and feel

...develop strategies for setting goals

### I Think I Can, I Think I Can...

"I think I can, I think I can" are the often quoted words from the much loved children's story *The Little Engine That Could*. As the littlest engine in the train yard demonstrates, having an "I can" positive attitude about a difficult task can be the key to success.

### How can you help your child develop motivation, effort and perseverance even when tasks are hard?

First, we need to believe in our child's ability and not rush to help as soon as he appears to struggle. Rescuing him as soon as homework or a situation gets tough sends a message of helplessness.

Help your child identify strengths she brings to a task as well as areas that are more difficult. Problem solve with her about how to use those strengths and develop strategies for weaker areas. Work with your child to establish specific, achievable goals that are based on an accurate self-assessment. Encourage her to develop an action plan to achieve her goals.

Encourage and praise her effort! Send the message that trying hard is what counts, and much practice is often needed before a new goal may be accomplished. Setbacks are to be expected and are part of learning.

Provide examples of real life heroes and how they persevered and worked hard to realize their accomplishments. Share your own triumphs, and model goal-setting, perseverance and the satisfaction that results from working on something that is important to you. The start of the new year is a perfect time for everyone in your family to establish and help each other accomplish New Year's resolutions.

### Dear Advice Lady,

My daughter has trouble with **long-term assignments** and studying for big **tests**. She often cries when faced with these tasks, and I find myself getting too involved. What I really want is for her to develop more independence with these types of tasks. What can I do?

### Concerned Parent

### Dear Concerned Parent,

Help your child to develop a written plan that lays out the steps needed to accomplish a task. Work backward and write the due date of the project or test date. With **projects**, she should use the teacher's written instructions and develop a timeline and due date for each section (for example, research, rough draft, revision, visuals, final edit). For **tests**, your child should review a portion of the content each night leading up to the test; answer questions from the text; review class notes, homework and prior quizzes; make up mock test questions; you can quiz her on important content or she can teach important concepts to you. Check off each step as it is completed so she can see her progress and develop confidence in her ability to complete the project or be prepared for test day. If tears begin, back away and let her know that you'll be available to provide support when she is calm and ready to discuss what is and is not working in her plan. Remember to praise and encourage her along the way. Celebrate when your child successfully accomplishes her goal!

### The Advice Lady

Heart-to-Heart is brought to you by School District 64, Park Ridge-Niles, Illinois.