How to Help Students Learn to Fail…WHAT?

Melanie Trowbridge, M.D.
Child, Adolescent, and Adult Psychiatrist
WJU Associate Professor, Department of Psychology
We want our students to be successful, but we also know that learning how to frame failure and rebound from that failure is an important part of developing an appropriate healthy self-confident outlook.

Children and youth need help learning how to fail. Only through some successful trial and error can they become resilient adults!
Mental Health Disorders are the most common health problems faced by our children/youth.

1 in 5 suffer.

80% of chronic mental health disorders begin in childhood.

50% of mental health disorders begin before age 14 and 75% before age 24.

TOP Three Prevalent Disorders:

1. 32% Anxiety
2. 20% ADHD (Neurodevelopmental/Disruptive)
3. 14.5% Depression (Mood)
A Dose of Perspective

Let’s bring it even closer to home...

How many of “us” will suffer from a major mental health disorder sometime in our lifetime?

How many of “us” will suffer this year?

TOP Three Prevalent Disorders:

1. Anxiety
2. Mood
3. Substance Use D/O
The consequences if we don’t focus on failure:

- Not learning how to appropriately tolerate failure leaves children and youth especially vulnerable to anxiety
- It leads to meltdowns when the inevitable failure does occur
- And perhaps even more importantly, it can cause kids to give up on trying new things
A dozen best practice vehicles for moving students toward resilience and success will be addressed.

These vehicles can be used in the classroom right now to facilitate building more self-worth in students and to help them gain valuable insight that they can handle what comes their way as they at times, both sink and swim... now and later!
1. Our goal is NOT to eliminate student anxiety, but to help students manage it...make it a teachable moment.
2. Model confidence ourselves...make ourselves the model that shows empathy.
3. Sit back and allow kids to fail...we need not be concerned about mistakes just because they make our students anxious.
4. Embrace imperfection...by respecting feelings, but not empowering them.
5. Set students up for success... with challenges and opportunities.
6. Praise perseverance, passion, and goals.
7. Celebrate effort...process and product.
8. Express positive, yet realistic expectations going forward.

I always like to look on the optimistic side of life, but I am realistic enough to know that life is a complex matter.

~Walt Disney
9. Try to keep the anticipatory period short.
10. Recognize the minefield of social media.
11. Think about thinking....Metacognition is Magic.

"Education is not the learning of facts, but training the mind to think."
- Albert Einstein
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Discussion and Q & A