

RAISING KIDS WITH CHARACTER IN TODAY'S COMPETITIVE CULTURE

AN EVENING WITH
TRISHA ROSS ANDERSON OF
**HARVARD UNIVERSITY'S
MAKING CARING COMMON PROJECT**

Tuesday, May 1 @ 7:00 pm
Morristown High School Auditorium



**Today's achieve-at-all-costs pressure starts young...
and may come with a cost.**

Almost 80% of students in a Making Caring Common national survey chose personal achievement and happiness as being more important than caring for others.

Trisha will share the results of this research, discuss the implications and suggest strategies to help parents raise caring, empathetic and ethical children.

This program will address issues impacting children of ALL ages.

RSVP requested at morrisedfoundation.org



Immediately following Trisha's presentation, please join the discussion with our specially selected panel:

Does Character Count in College Admissions?

Trisha R. Anderson
Harvard University,
Senior Program Manager,
Making Caring Common

Dr. Robert Massa
Drew University, Enrollment &
Institutional Planning;
Co-Director, Institute on
Character & Admission

Dr. Jennifer Giordano
Director, MHS Guidance

2 Morristown High School Seniors
Both will share their first-hand experiences.

Making Caring Common is working to prioritize character strengths in college admissions by:

- ✓ Reducing excessive achievement pressure
- ✓ Promoting intellectual & ethical engagement
- ✓ Increasing equity & access for all students



RAISING KIDS WITH CHARACTER in Today's Competitive Culture

with Harvard University's Trisha Ross Anderson

May 1, 2018

Tips for Raising Caring, Ethical Kids

We should work to cultivate children's concern for others because this helps them develop fundamental relationship skills, and meaningful relationships are one of our most vital and durable sources of well-being.

☺ **Make Caring for Others a Priority.**

Children need to hear from parents that caring for others is a top priority. A big part of that is holding children to high ethical expectations, such as honoring their commitments and doing the right thing, even when it is hard or makes them unhappy. For parents, instead of saying, "The most important thing is that you're happy," say, "The most important thing is that you're kind."

☺ **Provide Opportunities for Children to Practice Caring and Gratitude.**

Learning to be a caring and appreciative person is like learning to play a sport or an instrument – it takes practice. Daily repetition – whether it's pitching in around the house or writing thank you notes – helps kids to develop their social, emotional, and ethical skills.

☺ **Expand your child's circle of concern.**

Beyond a small circle of family and friends, children should be taught to care about those outside that circle, such as the school custodian, a waitress, or a homeless person. They should also learn to consider the many perspectives of the people they interact with daily and how their decisions impact others.

☺ **Be a strong moral role model and mentor.**

Children learn best by watching the actions of adults they respect. Being a moral role model and mentor means that we need to practice honesty, fairness, forgiveness, and caring for others in our own lives. This doesn't mean being perfect! For our children to respect and trust us, we need to acknowledge our mistakes.

☺ **Guide children to develop self-control and manage destructive feelings.**

Often the ability to care for others is overwhelmed by anger, shame, envy, or other negative feelings. We need to teach kids that all feelings are okay, but some ways of dealing with those feelings are not helpful. In every stage of childhood, children need help learning to cope with their feelings in productive ways so that they don't harm themselves or others.

Adapted from: "Are you raising nice kids? A Harvard psychologist gives 5 ways to raise them to be kind" by Amy Joyce in The Washington Post (<https://www.washingtonpost.com/news/parenting/wp/2014/07/18/are-you-raising-nice-kids-a-harvard-psychologist-gives-5-ways-to-raise-them-to-be-kind/>) and Making Caring Common (<https://mcc.gse.harvard.edu/>)

Quiz: Are You Teaching Your Child to Be a Good Person?

These questions may help you reflect on this question and guide your parenting efforts:

www.parents.com/parenting/better-parenting/advice/quiz-are-you-teaching-your-child-to-be-a-good-person/

“Does Character Count in College Admissions?” Panel Discussion

Steps to Make the College Admissions Process Meaningful and Constructive

The college admissions process is a formative experience in which students receive powerful messages about achievement and success from a variety of sources including friends, parents, teachers, guidance counselors, and admission officers. Parents have a vital role to play in ensuring that this process reinforces important values and motivates your children to undertake meaningful activities that will better enable them to contribute to others and thrive as an adult. The college admissions process can also be a wonderful opportunity to get to know your children in a deeper way—to understand their hopes, worries, values, dreams—and what will help them thrive in college.

- ✓ **Choose service that is immersive, sustained, and authentic.**
- ✓ **Think about how your child can “do with” —not “for”—others.**
- ✓ **Make sure to report substantial family contributions.**
- ✓ **When it comes to achievement, choose quality over quantity.**
- ✓ **Encourage children to be themselves.**

Adapted from: Making Caring Common (<https://mcc.gse.harvard.edu/>)

Helpful Resources for Parents:

More “Caring” College Admissions: 5 Tips for Parents

http://mcc.gse.harvard.edu/files/gse-mcc/files/ttt_parent_tips_for_web.pdf?m=1460560384

Creating a Sane, Healthy College Admissions Process with Your Teen: Conversation Starters

http://mcc.gse.harvard.edu/files/gse-mcc/files/ttt_parent_conversation_starters_for_web.pdf?m=1460560417.

Moderator:

Debora Engelfried is the Supervisor of Strategic Planning & Student Information Management for the Morris School District.

Panelists:

Trisha Ross Anderson, Ed.M. is a Senior Program Manager for the [Making Caring Common Project](#) at Harvard University’s Graduate School of Education. She has spent the last decade supporting schools and educational non-profits by developing and evaluating research-based materials that support positive school climate, youth development, and social and emotional learning. Trisha has also worked as a classroom teacher. She holds an Ed.M. from the Harvard Graduate School of Education and a BA from Boston University.

Dr. Robert J. Massa, a veteran of over 40 years in higher education, currently serves as SVP for Enrollment and Institutional Planning at Drew University. He also co-directs the [Institute on Character & Admission](#), an organization dedicated to elevating non-cognitive, character-related attributes in college admissions. He has served in a variety of positions at Lafayette College, Dickinson College, Johns Hopkins University, Colgate University and Union College. Massa has a bachelor's degree from the University of Rochester and a doctorate from Columbia University.

Dr. Jennifer Giordano is the Director of Guidance & Counseling Services at Morristown High School.

Bailey McGuinn and **Daniel Lopez** are Morristown High School Seniors who have graciously volunteered their time to share their unique experiences with the college admission process.