

Day 2 - Aware

Welcome to Day 2 of the Get the Money for College Challenge!

Today is all about awareness, particularly awareness of our ways of parenting and modeling for our teen. Like it or not, they are always watching us, even when we aren't aware.

Dr. Maya Angelou said, "Do the best you can until you know better." As parents, we ARE doing the best we can by our teens. That's already evident with you participating in this challenge. Dr. Angelou goes on to add, "Then when you know better, do better."

This first day of the challenge is about you knowing better, so that you do better.

In my opinion there is no way we can take steps for our teen to get money for college without recognizing the critical role we play as parents.

There are many ways that we can parent. What I have seen work well and the research has shown over the years is that teens with a growth mindset and resiliency have better outcomes academically and socio-emotionally. Those better outcomes position teens to get in and get money for college. We CAN parent to develop a growth mindset and resiliency in our children.

Your Assignment

Take about 15 minutes to [watch the video](#) and complete the self-assessment questions on the next pages.

Rate your Growth Mindset and Resiliency Parenting

(1 = the statement is the least accurate; 10= the statement is the most accurate)

- | | | | | | | | | | | | |
|--|-----|---|---|---|---|---|---|---|---|---|----|
| 1. Along with my teen having a demanding curriculum at school, I expect my teen to make "A" grades. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. I spend more time with my teen than I did with them when they were younger, even pre-quarantine. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. I get frustrated at least once a day with my teen. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. I speak down to my teen when they do stupid things. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. I struggle with making time for myself on a daily basis. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. I often doubt whether my teen can really get into the college they want to attend. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. I feel that my teen doesn't do what they should do because they know that I will do it for them. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8. When my teen doesn't do a task as well as I expected, I often compare them to sibling(s) or others. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

GET THE
MONEY
 FOR COLLEGE
Challenge

DAY TWO

9. I am confident in myself as a person, partner, parent, professional and my teen sees my confidence everywhere I go.	N/A	1	2	3	4	5	6	7	8	9	10
10. I acknowledge my teen’s feelings and let them know that their feelings matter.	N/A	1	2	3	4	5	6	7	8	9	10
11. I make sure that my teen consistently gets 8-10 hours of sleep every night	N/A	1	2	3	4	5	6	7	8	9	10
12. I rarely confront my teen about their time online, on their phone, or screen time, in general.	N/A	1	2	3	4	5	6	7	8	9	10
13. My teen keeps a very busy schedule and has little unstructured time for friends, hobbies or other interests.	N/A	1	2	3	4	5	6	7	8	9	10
14. When I hear about other teens who get into a highly selective college, I point out their excellence and achievement.	N/A	1	2	3	4	5	6	7	8	9	10
15. When I make a mistake in front of my teen, I get embarrassed or self-conscious.	N/A	1	2	3	4	5	6	7	8	9	10
16. My teen doesn’t spend much time outdoors.	N/A	1	2	3	4	5	6	7	8	9	10
17. I actively apologize to my teen whenever I make a mistake.	N/A	1	2	3	4	5	6	7	8	9	10
18. My teen is always involved in choosing, organizing family activities or projects.	N/A	1	2	3	4	5	6	7	8	9	10
19. I’m OK with my teen having a screen (TV, phone, console) in their room overnight.	N/A	1	2	3	4	5	6	7	8	9	10

GET THE
MONEY
FOR COLLEGE
Challenge



DAY TWO

- | | | | | | | | | | | | |
|---|-----|---|---|---|---|---|---|---|---|---|----|
| 20. I praise my teen for their efforts, rather than their results. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 21. I find myself procrastinating on a regular basis. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 22. I model the behaviors and attitudes that I want to see in my teen on a daily basis. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 23. Our family spends 30+ uninterrupted minutes together (outing, meals, game/movie night) at least 5 days per week | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 24. When a task is too difficult for my teen, I encourage them to give up. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 25. I am ready for my teen to go to college because I know that they will have the life skills to thrive when they are there. | N/A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

What have you learned about how you parent based on this assessment?

Parenting for Growth Mindset and Resiliency

Once you are aware of how you are showing up for your teen, you can begin to make a powerful shift. My favorite ways to “do better” by my teens whenever I’m “off” is to use the modalities on the chart below. What I’ve found is that I am a better parent when I take care of myself. When I make time consistently for any of these modalities, I can show up with my own growth mindset, energized and resilient. As my kids see it in me, that’s what they become. I refer to these modalities as opportunities for “agreement” because when we take care of ourselves then we can take better care of others. Agreement can be defined as harmony, which is a quality that we all desire in our family relationships.

Affirmations

Exercise

Gratitude practice

Music

Journaling

Having routine

Meditation

Having something to look forward to

Declutter

Visualization

GET THE
MONEY
FOR COLLEGE
Challenge



DAY TWO

Which will you commit to for self-care daily?

Final question: Maya Angelou said, "When you know better, do better." Now that you're aware of how you're showing up in your parenting, are you ready to become better by doing better to prepare for your teen to GET THE MONEY FOR COLLEGE?

— GET THE —
MONEY
FOR COLLEGE
Challenge



DAY TWO

Share in the Facebook Group:

Answer the following question in the [Get the Money for College Challenge FB Community](#):

What will you commit to doing daily for self care? How do you feel that your own self-care will help your teen and/or your relationship with your teen?

Congratulations! You've completed Day 2 of the Get the Money for College Challenge.

Keep on being the best parent,

A handwritten signature in black ink, appearing to be "Dr. Pamela", written in a cursive style.

Dr. Pamela