



Bouncing Back: The 5 C's Formula

Dr Andrew Martin, a professor in Educational Psychology, parent, author, and leading expert on student motivation shares his researched strategies on helping children bounce back.

The 5 C's formula, discussed in Dr Martin's books*, provide parents with quick tips to help children with setbacks and pressures at school.

Confidence:

- Challenge negative thinking with good old-fashioned common-sense realism.
- Build more success into a child's life by breaking schoolwork and study into bite-sized chunks, seeing the completion of each chunk as a success.
- Expand your child's view of success. Help them view life learnings not only in terms of marks, but also in terms of improvement, skill development, personal bests and creativity.

Control:

- Focus on effort (how much work a child does); strategy (the way he or she does that work); and attitude (towards their school and schoolwork). These are three manageable things in your child's life.
- Help your child improve their views about their school-related intelligence, e.g., tell them they can improve their thinking skills, analytical skills, mathematical skills and writing skills, etc.

Commitment and Coordination:

- Get your child to examine the times they persisted before to identify the things they did to get through.
- Encourage your child to develop goals that are clear, specific, achievable, desirable, challenging and time-bound.
- Encourage your child to seek help. It's an important part of persistence.

Composure:

- Tackle thinking that causes your child to worry (watch out for the negative 'what if' thinking)
- Develop effective relaxation techniques that suit your child, including things like peaceful reflection, meditation, and physical activity.
- Prepare for tests and exams well ahead of time.



**Andrew Martin is the author of, "How to Help Your Child Fly Through Life: The 20 Big Issues" (2012), "How to Motivate Your Child for School and Beyond" (2003), and other resources for parents, students and teachers. Find out more here: www.lifelongachievement.com*