

Family Awareness Network (FAN), The Alison Tobey Smart Memorial Fund at Kenilworth Union Church,
NTHS' ECGC Parent Committee, Highcrest Middle School and Wilmette Junior HS present:

Authentic Success: Raising Youth to Thrive in a Challenging World

Ken Ginsburg, M.D.

Associate Professor of Pediatrics, Children's Hospital of Philadelphia
Author, *Letting Go with Love and Confidence: Raising Responsible, Resilient, Self-Sufficient Teens in the 21st Century*



Thursday, Nov. 17, 2011

6:30-9:00 pm

New Trier High School

Cornog Auditorium

7 Happ Rd., Northfield

*NOTE early start time.
CPDUs and CEUs available.
Pre-register at fan-ntts.org*

Afternoon event with Dr. Ginsburg!

**"Building Resilience in Early Childhood:
It's Not a Choice Between Happiness, Play and Success!"**

Thursday, 11/17, 1:00-3:00 PM

Winnetka Community House
620 Lincoln Ave., Winnetka



The Alison Tobey Smart Memorial Fund
Kenilworth Union Church



FOR IMMEDIATE RELEASE

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Sponsored by Family Awareness Network of New Trier Township (FAN), in partnership with New Trier High School's ECGC Parent Committee, The Alison Tobey Smart Memorial Fund at Kenilworth Union Church, Highcrest Middle School (Wilmette) and Wilmette Junior High School.

Thursday, November 17, Authentic Success: Raising Youth to Thrive in a Challenging World, 6:30-9:00 PM, New Trier HS/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield, 60093 (PLEASE NOTE EARLY START TIME). A current meme promulgated in some business and education circles is that failure is good; "fail faster, succeed sooner;" embrace failure, because failure gives rise to innovation. Fixed-mindset perfectionism, with its impossible rituals and sacrifices, seems almost quaint. Today's path to success is through a process of creation, experimentation, and failure, followed by a robust rebound, persistent determination, further innovation, and then ultimately authentic success. For **Ken Ginsburg, M.D., MEd.**, a highly regarded pediatrician specializing in adolescent medicine at **The Children's Hospital of Philadelphia**, Associate Professor of Pediatrics at the **University of Pennsylvania School of Medicine**, and a key figure in the movie "Race to Nowhere," a narrow definition of success, one which hinges on quantifiable metrics like grades, standardized test scores, athletic prowess, and musical accomplishments, leaves out core qualities and contributions like generosity, compassion, creativity, a desire to contribute, and, of course, resilience.

How can a parent raise a child to thrive in a challenging world? Key to his concept of the 7 "C's" of resilience (competence, confidence, connection, character, contributions, coping and control) is the importance of parents modeling resilience in their own lives. In his medical practice, Dr. Ginsburg treats many adolescents who exhibit the symptomology of chronic stress and anxiety that may lead to risk behaviors such as drug and alcohol use and abuse and self-harm. The frenzied, performance-driven work mode of many students can turn learning into a joyless chore devoid of risk-taking or curiosity. For Dr. Ginsburg, this is the bottom line: young people will be resilient when the important adults in their lives believe in them unconditionally and expect them to live up to established core values.

Sponsored by the **Family Awareness Network of New Trier Township (FAN)**, in partnership with **New Trier High School's ECGC Parent Committee**, **The Alison Tobey Smart Memorial Fund at Kenilworth Union Church**, **Highcrest Middle School (Wilmette)** and **Wilmette Junior High School**. FAN is grateful for its 2011-12 partnerships with **North Shore Community Bank**; **NorthShore University HealthSystem**; **Quintessential New Trier** magazine; and **The Book Stall at Chestnut Court**. CPDUs available for education professionals, and CEUs for health professionals; pre-register at FAN's website, www.fan-nttds.org. All programs are free and open to the public.

