



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.

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