

Using Power Psychology To Help Improve Your Child's Grades This Quarter



By Michael Abruzzese, MA, MA, PhD., HSPP

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What Is "Power Psychology"?

It's a simple solution to complex personal problems. Psychology is the science of understanding human behavior. Human behavior, of course, is complex and what seems obvious is not always the case. People have been studying – and trying to improve - human behavior since the philosopher Epictitus lectured in the public square of ancient Greece and it is considered that the European struggle between religion and philosophy was the beginning of modern psychology. In fact, some psychologists still consider the Bible an excellent example of the practical uses of power psychology.

We've come along way since then and modern science, such as Magnetic Resonance Imaging (MRI), Positron Emission Tomography (PET) and a veritable alphabet soup of other diagnostic assessment tools, have continued to show that human behavior is caused by "hidden psychological processes" - which is just a fancy way of saying "stuff we do that we usually don't think about very much." :)

Power psychology is simply a way of understanding what the scientists have found out in their laboratories about our "hidden psychological processes." Then, we take it out of the laboratories and give it to people in a way that they can use the actual scientific research results in the real world and in their real lives to make real and powerful changes in their own behavior and in others' behavior to improve the quality of their lives and the lives of people that they love. We take these powerful scientific psychological techniques and turn them into Power Psychology Tips for Living (PTL).

How can Power Psychology Help Me With My Child's Homework??

Using **Power Psychology Tips** can help you change your life for the better. Applying Power Psychology Techniques to everyday actions and events in your life can improve results in so many areas – health, relationships, income, longevity – the list is probably only limited by your imagination. This article, number 5 in the series of Power Psychology, focuses upon improving the results you can get from changing how your child approaches doing his or her homework.

When Can I Get Started?

Right now. There are always only four steps to learning a particular set of PTL. Each article in the series is written to be a "stand-alone" article, which means that you can read each article alone and in any order you wish to learn the particular set of PTL that applies to the subject. You don't have to read each article starting from the first in the series to the last in order to get a benefit from any article. While each article builds on the previous articles, however, and the more articles you read, the more PTL you can learn to apply in your life, you can learn what you need to know about PTL for homework right here, right now.

Snap To It!

First, **PACE** yourself. More about the basic **PACE** process is discussed in my introductory Power Psychology articles, number 1 in the series. You can read an excerpt of that article **here**.

When you are ready, the rest is a SNAP!

S – SUPPORT your child's HOMEWORK routine! Make sure your child has a space in the house that is set aside for her or him to actually DO THEIR HOMEWORK. You'd be surprised how few kids have a regular time and area set aside for them to get their homework done. This is a small and easy to do detail that most parents, believe it or not, fail to arrange for their children. Set aside a particular time and area for the homework to be done. Also, make sure it is QUIET for your favorite student to CONCENTRATE and FOCUS on what he or she must read or think about it. NOISE IS VERY DISTRACTING to young brains that are trying to concentrate - well, yes; it's also distracting to, ahem, old brains. No offense, Mom and Dad...;} Really, get your kid's homework organized by starting out with a set time and space especially for homework completion. This indicates to your child how IMPORTANT parents think homework is.

Mental Note!

Homework can account for as much as 60% of a student's overall grade and if the student is having academic trouble in class because of medical absences, poor test grades or similar classroom work difficulties, good ol' fashioned HOMEWORK completion is what many schools often look to as an indication of curriculum accomplishment and performance. This is especially true if there are PROJECTS or other OUT OF CLASS assignments that have been assigned – if your kid misses a lot of these (and sometimes even only a few of them!) - there may be NO WAY to make them up in class or after the deadline has passed.

N – NO YELLING! (This means YOU, Mom and/or Dad.) What's that? You never yell? Yes, you DO yell – but here's the tricky part. While most parents DON'T THINK that they yell at their kids – most kids THINK THEY DO! How can that be? Simple – kids have a different definition of "yelling." To KIDS, "yelling" can include a parent using a stern voice, a certain TONE of voice, an ATTITUDE that the parent has and, sometimes, even the words that are used – even if there is no increase in loudness. To PARENTS, of course, yelling is....YELLING! But not to kids. So take note: No Yelling. If in doubt, ask the expert – your kid! Just ask, "Um, does it sound as though I'm yelling at you about your homework?" (Note to Dads: Resist the impulse to yell back "NO, I'M NOT! THIS IS YELLING!" No matter how humorous you think that would be...it won't bring a chuckle to your kid, funnyman.)

A – ACTIVELY participate in your child’s homework! How well is your kid doing with homework and academic assignments in general? You’d be surprised how many parents do not take the time to even be informed about what homework actually IS DUE – let alone try and HELP their kids with it. Many schools now are adopting – slowly, very slowly – web sites that let parents check on what homework has been assigned. Even then, some teachers forget or don’t have enough time to put the assignments on the website! But be aware of what the homework is for your child in EVERY subject.

In this ONE area, however, DO NOT ask the “expert” (that is, your kid) what their homework is. Very often, the child is clueless about the assignment or just might want to skip it all together, which is REALLY hard to do if the parent already knows what homework has been assigned. So avoid a possible trouble area and talk to the teacher about how you, the parent, can ALWAYS know what that teacher, and every teacher, has assigned for homework.

AND NOTICE how your child is doing with homework. Seek teacher-parent conferences, look at the work your child brings home and review it. In general, take an interest in what your child is doing in school and especially notice their homework. When you take the time with your child and show an interest in what they are doing, just by showing some POSITIVE attention (that means, ahem, NO YELLING - see above, Dads) a kid’s self-esteem can improve and so can their effort. Teachers will also notice your involvement and MOST will be very happy to have a parent who actively supports what the teacher is trying to do in the classroom.

Mental Note!

I said MOST teachers – but, sadly, NOT ALL teachers. Surprisingly enough, there may be MANY teachers who will not like having a parent “interfering” with the child’s school and learning behavior. “It’s the child’s responsibility,” the teacher may say. “They need to learn to be responsible without someone looking over their shoulder.” In other words, the teacher is telling you to “butt out” of an important part of your kid’s development. Don’t buy into such nonsense.

By paying attention to what your kid’s homework assignments are, you are ALSO keeping tabs on how the teacher and school are preparing your child (or NOT preparing your child) for the next grade and for his or her future LIFE! You are the GATEKEEPER for your child’s future and you need to SUPERVISE your child’s academic development and behavior just the same way you must supervise your child’s overall development and behavior OUT OF SCHOOL. Can you imagine a police officer or a JUDGE saying to a parent, “Stop interfering. This is the child’s responsibility. They need to learn to be responsible without someone looking over their shoulder. We’ll take care of things, ok?” YIKES!

P – POWER up your kid’s homework performance! No, I’m not telling you to do your kid’s homework with them – you probably couldn’t keep up, anyway! No; what I’m saying is to use your knowledge as a parent who has taken NOTICE of what the homework is and is SUPPORTING your kid’s best efforts to complete the homework and who has talked to the teachers about the homework and academic expectations. If you CAN, then HELP your child as the child does the homework, but don’t do the homework for the child. If you CAN’T HELP – and LOTS of parents just can’t help their kid with homework because the parent or child gets too frustrated or tearful or there is too much yelling – then just FIND SOMEONE ELSE who CAN help your child and get that person to HELP YOUR CHILD with the homework. This is easier than you may think – an uncle, an aunt, an older student from the high school or college, extra help from the school – all these ways are possible and advisable.

DO NOT let your child struggle with homework or academic work. GET HELP. If you don’t know how to start, start by asking your school. (if your school is not helpful – and believe me, LOTS of schools aren’t – you can get some more information from my article “What to do when your school isn’t doing what they could to help.” You can read an excerpt [here](#).)

Mental Note!

Homework is where most of the learning gets done, after all, because ALL LEARNING IS SELF-LEARNING! Teachers can either HELP students learn (that is, make it easier for them) or HINDER students from learning (that is, make it harder for them) simply by the way they organize and present things to a student or a class. But in order to truly LEARN anything (that is, to really UNDERSTAND and KNOW something), we all have to “get it” somehow and make it ours. We must POSSESS knowledge, we must OWN it, much as we own a car or a book or DVDs. If we do not UNDERSTAND something, then we do not have “knowledge,” we simply have “information.” And information, without understanding, is no better than a book that has never been read, a friend that you never see, a life that you never truly live.

Your Turn Starts Now!

PTL is about taking what science has learned in the laboratories and putting it to use in your own life, in the real world, starting today. You need to take what you learn from PTL and **PUT IT INTO PRACTICE IN YOUR LIFE**. Don’t just THINK about what you’ve read so far - USE IT, DO IT, PRACTICE IT and do so CONSISTENTLY. The more time you spend working on something and working on it CORRECTLY, the more likely you are to be successful. THINKING is very important and is ALWAYS a good place to start any new activity, but thinking without ACTION will not change your life very much. It is the EXPERIENCE of putting your thoughts into action that improves the quality of life.

PTL is a program where you can’t lose – you can just win. If you skip a day, just pick up where you left off and keep going forward. If you’ve stopped or dropped out – just start again. You can do this. All you need to get started is your brain – and, fortunately, you just happen to have it with you right now! How handy is that?

Get that brain working and **SUPPORT** your kid's homework routine; **NOTICE** what they have to do and how well (or not so well, maybe) that they are doing it; **ACTIVELY** participate in your child's homework routine to help them out; and **POWER** it up if they are struggling or otherwise need help!

You can **START RIGHT NOW** by getting in touch with the teacher. It's a **SNAP!**

TAFN...

That's **All For Now** – whew, isn't that enough? Whenever you're ready for more, check out the next article in the PTL series that interests you. We do offer coaching sessions as well as consultations through the internet, phone and email, but I recommend you wait until you've tried PTL in a few areas of your life first. Until then,

Best Wishes from

DRA+

Michael Abruzzese, Ph.D.

www.totalschoolsuccess.com