SEL in the Home - Discussion Questions

Ribas Ch 2 - Beliefs about Intelligence and Acquisition of Skills

1. Define the difference between conscious beliefs and unconscious beliefs. If possible, give an example.
2. Define cognitive override. Give an example of some implulse reaction you have had in your life or your child’s life in which the impulsive behavior was not productive. How coud cognitive override help to change the impulsive behavior to a more productive behavior?
3. Share a time in your life (or your child’s life) when you mastered a difficult task. Share the role that hard work, persistence, and acquiring skills played in mastering that task.
4. Share someone who is an impactful adult in your life (it could be a parent). In what way did this person positively impact your life?
5. Choose one of the skills of successful people (Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making) that you would like to help your child improve. Who is the impactful adult best able to assist him/her with developing this new skill? (It could be you or someone else.)