

Resources on Goal-Directed Persistence for Parents

Goal-directed persistence refers to our ability to set an attainable goal and display the attention and determination needed to complete the task. Persistence is necessary when a task is boring, interrupted, or when we need to change the strategies we are using. Helping a child become more persistent will help them in school, sports, and other areas of achievement.



Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools for helping parents, children, and teens improve their skills. We search for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations can help in targeting these concerns.

Articles

[Can Kids Learn Persistence?](#)

This article explains the importance of goal-directed persistence. Paul Tough, the author of *How Children Succeed*, speaks to the research he has compiled that sheds light on the implications persistence has on an individual's future success.

Teaching Goal-Setting Skills

This article lists tips for teaching practice, patience, and perseverance skills to children and teenagers. More specifically, the authors address goal setting strategies inside and out of a school setting.

5 Ways You Can Improve Your Child's Concentration

This post provides five strategies you can use to help strengthen your child's concentration skills. Improving concentration directly benefits our goal-directed persistence. Check out the article to learn more!

Improving Goal-Directed Persistence

This resource can help parents discover strategies that can be used to help their child improve their goal-directed persistence. These strategies were created to help those who need help maintaining long-term attention or those who become disinterested in the activities they are taking part in.

6 Ways To Build Persistence

This article lists 6 strategies that can be used to improve your child's perseverance. Additionally, it lists apps that your child might enjoy which will help teach this skill in a fun, engaging way!

Pinterest

Activities to Improve Growth Mindset & Perseverance

This Pinterest board lists multiple games, activities, and strategies you can use to help your child develop a growth mindset. Growth mindsets contribute to our perseverance skills as they help us understand that we are capable of reaching our goals as long as we continue to work towards them.

How to Teach Persistence

This post lists 5 strategies you can use to teach your child how to persevere through challenging tasks. You can even print this chart if you enjoy the step by step format. Click the

link to read more!

Goal-Directed Persistence

There are Pinterest boards that have been designed to teach parents about perseverance. Some pins included in this board are games and activities that parents can use with their children. Click the link to scroll through the activities available!

Facebook Pages

LearningWorks for Kids

This Facebook page posts current information and research on topics that include perseverance. *LearningWorks for Kids* is dedicated to teaching parents how to mentor their children through the digital world, helping them become stronger at school, develop into safer digital citizens, and more confident, capable kids.

National Institute of Mental Health

The National Institute of Mental Health has resources available through their Facebook page and their [website](#). While not all of their posts focus on goal-directed perseverance, there are many great articles that may be of interest to you!

Executive Function Success

This page helps children develop and strengthen their focus and attention skills. Their suggestions are based on research and strategies that have helped improve this thinking skill. Their goal is to help you improve your children's time management, planning, and organization skills. Click the link to learn more about this organization!