

Websites for Parents on Goal-Directed Persistence

Goal-directed persistence, also known as “stick-to-itiveness,” is our ability to set a reachable goal and then display ongoing efforts and attention towards achieving it. Persistence is necessary when a task becomes boring, is 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 to 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.

Websites

[LearningWorks for Kids](#)

LearningWorks for Kids provides explanations and strategies that can be used to improve your child’s goal-directed persistence. They also list video games that can strengthen this skill in a fun, engaging way. Check out their website to learn more!

ADDitude

Access this website for strategies that can be used to teach patience and perseverance in teenagers and children. They also have articles and resources for a multitude of other topics available on their website.

Edutopia

Edutopia is a trusted resource that highlights strategies and programs that have been proven to work well with students, teachers, and families. On their website, they have articles posted about patience, growth-mindsets, and perseverance. Click on the link above to learn more!

Bright Horizons

Bright Horizons is dedicated to “reimagining the connection between work and home, and creating new ideas for the way people work, live, and learn today.” On their website, you will find multiple articles dedicated to teaching children goal-directed perseverance skills as well as numerous other resources.

Big Life Journal

The Big Life Journal has posted numerous worksheets, activity guides, and articles that help parents and teachers build upon their child’s skills. This website also includes resources that were designed to help strengthen your child’s resilience and perseverance.