



Change Your Thoughts, Change Your Life – School and Education

by Joe Gandolfo

Another New Year, and we all know what that stirs in everyone. Resolutions, a new beginning, a commitment to making a change that will improve our life. We promise ourselves with deep sincerity that we will make “the change”, but for many this commitment lasts a few weeks at best. WHY?

Well, I do not know why – it is a mystery. And some mysteries must be accepted as a mystery. But this is what I do know, for a change to appear in our external world there must be a corresponding change in our internal world. This change must start at the level of our thoughts and beliefs.

As we enter a new school semester, I would like for both parents and students to consider these thoughts:

- Parent Connect (online grade monitoring system) is a blessing and a curse. It allows parents to stay connected and monitor their child’s academic progress (blessing). It creates a hyper focus on grades and one can lose sight of the unfolding of a 9 or 18 week semester (curse).
- Focusing only on the academic “grade” is shortsighted. Good grades are important, but they guarantee nothing. Indeed, they increase or decrease post high school options. Selling our kids on the notion that getting a college degree will set them up for life is incomplete. Studies tell us there are thousands of college grads who cannot get a decent job with that degree.
- Helping your child develop the ability to study a subject, to understand the value of being a reader, to feel proud when going to school with work completed, that taking care of their school life is an act of taking care of themselves – is a conversation that should happen.

- Students, be careful of the dominant “herd mentality” in today’s middle and high schools. That “*school stinks*”, “*it’s boring*”, “*the teachers don’t care*”, “*it’s too hard*”, “*the info I will never use*” – all may be true. Focus on developing *your* education which does have value. If you must turn away from the herd thinking, know that does not mean you have to leave the herd.
- Students, the line between school success and school failure is paper thin. Regardless of what you may think. Sow the seeds of doing *your* work on a daily basis, and you will reap the harvest of good grades. Ignore planting the seeds of doing *your* work daily, and you will not have much of a harvest at all. One hour a day, five days a week will suffice for most students.

Change your thoughts, change your life.

Listen to Joe’s free daily podcast – ***Teen Success Radio*** – available on iTunes. His new book ***The Greatest Teenage Myth in the World*** is now available @ www.JosephGandolfo.com or www.TheGreatestTeenageMythInTheWorld.com

Joe Gandolfo is on a mission to ***champion the greatest commodity in today’s world – our youth, teenagers, young adults and college students***, and to rally, strengthen and energize the adults – parents, educators, mental health professionals and organizations - who work with and care about our greatest commodity in the world.

Joe works as a ***professional speaker, success coach, seminar leader motivational counselor and author***. He brings 20 years experience working with youth, teen-agers, student-athletes, professional athletes, adults, parents, educators, public and private schools, organizations and associations.

His clients have included: *Georgia Tech Athletic Association, Rockdale County Schools, Cobb County Schools, Cobb Teen Leadership, YMCA, Childcare Resource Network, University of Clemson, University of West Georgia, PGA of America, Milwaukee Brewers, Coca-Cola, SouthCoast Hospitals, Owens-Corning and MPI Georgia Chapter.*

He has been an adjunct professor at Georgia Tech (1996-2000) and Georgia State (2005-06). He was on staff at the Homer Rice Center for Sports Performance (2000-07). He has had a private consulting practice since 1991.

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