**The Top 4 Things Your Kids Won’t Tell You**

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**1) My parents are setting me up to fail in college!**The best predictors for success in college are having high levels of grit, hope, optimism, and self-efficacy.  Too many parents rescue their kids, solve their problems, and take responsibility for their boredom, happiness, and motivation, leaving them weak and unable to handle the normal ups and downs of life.  Qualities like grit, optimism, and self-efficacy are earned, not given as gifts.  You've got to be able to overcome obstacles and challenges, take risks and make mistakes, and push through tough times to earn resiliency and confidence.

**2)** **Parents are messing up their daughters!**  On the one hand, we are conditioning girls to focus on being competitive, driven, ambitious, willing to step on people to get to the top, and individual achievement.  But we are still holding girls to the standard of being 'good girls'; i.e. be nice to everyone, put other people's needs before your own, don't stand out, be obedient and follow the rules, wait your turn etc.  These mixed messages put a lot of stress on girls, causing a constant internal tension.  It's no wonder they feel depressed, anxious, and overwhelmed a lot.

**3) Parents are setting their kids up to be miserable adults!**The mantra our kids are absorbing from parents and teachers today is this: get good grades in grade school so you can get into a good high school; get top grades in high school so you can go to a top-tier college; go to an ivy league college so that you can get a good job; get a good job so that you can make a lot of money.  UGHH!  Research across 40 cultures has shown again and again that people who are driven by externals, i.e. making money, and gaining fame or status, end up with higher levels of mental health problems like depression, anxiety, poorer quality relationships, and more unhappy and less fulfilled.  People focused on intrinsic values like being of service, personal growth, and having strong relationships score higher on all the important markers of happiness, health, and fulfillment.  We need to shift our focus so that our kids shift theirs.

**4) Top students hate school as much or more than those at the bottom of the class.**Straight A students tell me all the time that school is boring and unfulfilling. They have been conditioned to play the game of school: learn what they are told to and what will be on the test, pad your resume with activities that look good on college transcripts even if you have no interest in them, and be compliant and give the teachers what they want.  The love of learning has been sucked out of them.  Curiosity, joy, meaningful pursuit of knowledge, and creativity have been shoved aside by the pursuit of superficial rewards like grades, rankings, national test scores, and awards.  It's no wonder kids today seem to lack motivation in school and can't wait to get out of high school.

Kids may not tell you these things, but I am. So get to work!