



ORGANIZATIONAL GROWTH, INC

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STRATEGIES TO HELP GIRLS SUCCEED IN SCHOOL

Developed by Nate Terrell, LCSW and Anita Foeman, Ph.D.

- 1) Provide girls with ample opportunities to engage in activities which strengthen their functioning in spatial abstracts such as designing and building objects, using water and sand tables in science, etc.
- 2) Encourage girls to develop their leadership ability and provide them with opportunities to practice and gain confidence in their leadership skills.
- 3) Make sure you call on girls as often as boys in class.
- 4) Enable girls to improve their gross motor skills through physical play, sports, etc.
- 5) Make sure the classroom is warm enough for girls. Research indicates that the ideal temperature for girls is 75 degrees.
- 6) Teach girls that it is OK for them to shine even if this causes them to stand out from other girls.
- 7) Make sure that you have girls assessed for learning challenges, when appropriate.
- 8) Help girls become comfortable speaking their minds even if this causes conflict.
- 9) Expose girls to highly successful women through talks, videos, newspaper/magazine articles, etc.
- 10) Provide opportunities for quieter girls to express their opinions and hidden energy.
- 11) Help girls to identify and change any erroneous beliefs such as their worth is dependent on their appearance or how others view them.
- 12) Encourage girls to verbalize rather than internalize their stress, anxiety, sadness, etc. to avoid emotional overload and/or depression.
- 13) Teach girls that they have the right to decide who they want to be friends with and that friendship should never be used to manipulate others.
- 14) Make sure you praise girls for academic achievement rather than simply their appearance or good behavior.
- 15) Teach girls how to effectively protect themselves from sexual harassment.
- 16) Help girls develop a strong sense of inner confidence and positive identity which enables them to celebrate their uniqueness and grow into their best selves.

- 17) Set up healthy competitive learning opportunities for girls to allow them to develop their competitive energy.
- 18) Do everything possible to help girls maintain their authentic selves and spunk in the midst of social, developmental, etc. pressures.

