

Community Education Service



Motivating Unmotivated Teens: A parent - focused approach

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January 15, 2018

7 - 8:30 pm

Sign in: 6:45pm

**Canada's Sport Hall of Fame
Ridell Family Theatre**

169 Canada Olympic Road SW, Calgary

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955-4747

Parents become concerned with their children's lack of motivation for school achievement when their achievement falls short of their potential. When parents attempt to enhance motivation, they find motivating young children challenging, motivating teens daunting. The task is formidable, particularly when there is a history of academic underachievement. Simply put: habits are difficult to change. Habits or patterns of behavior do not apply solely to teens, but also to parents. The idea of changing parental behaviour in such cases is not new. What makes my approach somewhat different is that I have made parental behavior the underlying principle permeating my thinking on this topic. The result is a parent - focused approach to the problem. I share the key elements of my perspective in this session. While by no means a quick solution, parent counselling, in my experience, has proven more effective than teen-focused intervention.

This session is FREE and open to all - parents, professionals and students.

Level I: This session presents an overview of motivation in teens, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child & Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of Alberta Health Services and the **National Sport School at Canada's Sport Hall of Fame Theatre**