Social Worker’s Blog

The ‘You Can Do It’ (YCDI) key to success that the whole school is focusing on this term is PERSISTENCE. YCDI is strongly researched based. It is known that peoples’ beliefs concerning the causes of events in their lives can strongly influence expectations of future success or failure as well as self-esteem, feelings of power or helplessness, and achievement motivation. Children who attribute their performance to external factors (i.e. factors beyond their control such as task difficulty, luck) may demonstrate an attitude of ‘learned helplessness’. They feel unable to improve their performance because they believe “Either I can do it or not, and if I can’t, what’s the point in trying.” This is in contrast to children who attribute their performance to internal factors that are under their control (e.g. “The harder I try, the better I get.”) Changing a student’s beliefs, as YCDI seeks to do, can help prevent academic under-achievement but also teach them optimistic thinking. You have probably heard the adage ‘Success is 10% inspiration and 90% perspiration’.