



Mentor's Compass

Episode 6: Praise

- ✓ What is your go-to **form** of praise? Words? Actions? Looks?

- ✓ What aspect of your son or mentee's life are you naturally most inclined to praise? Is that a good thing? Does your son or mentee think that his value is in his athleticism or his intelligence, rather than his dignity as a person?

- ✓ How often do you praise your son or mentee? If you are a parent, how does this compare to the frequency of your praise for other children?

- ✓ Do you overpraise? Has your son or mentee become too reliant on praise?

- ✓ Where is your son or mentee on the spectrum of confidence? Remember, competence does not always mean confidence.

- ✓ Does he need frequent praise? If not, there are risks to overpraising. Might wordless praise suffice? Entrusting a boy with a new and difficult task can mean far more to him than words. What are other forms of wordless praise that could work for your boy?

- ✓ When you do praise, do you avoid sweeping generalities? A non-stop stream of "you are so great" can lead to distrust and a lack of confidence.

- ✓ Do you praise process or outcome? Giving a friendly "attaboy" for effort is more meaningful and formative than praising the grade. After all, what if the grade was easily attained?

- ✓ Does your son need opportunities for success such that genuine praise is possible? What are those opportunities and how can you create them?
