



PARENT UNIVERSITY

THE PRESSURES OF PERFECTIONISM: HOW CAN PARENTS HELP?

PRESENTER: DR. RICH GILMAN, PRESIDENT OF TERRACE METRICS

WEDNESDAY, SEPTEMBER 28, 2022

DSHS LECTURE HALL

6:00 - 7:15 P.M.

Your child may have been born with perfectionist tendencies, but we as parents and teachers can shape and nurture those tendencies toward the more adaptive form. "Learning how to fail" is a skill that is essential to positive development.

IN THIS WORKSHOP, PARENTS WILL:

- Understand how perfectionism can interfere with personal, social, and academic progress
- Learn how some aspects of perfectionism are actually positive and meaningful
- Learn helpful ways to turn negative perfectionistic tendencies into positive outcomes