

Pobody's Nerfect: How to strive for success and avoid the pitfalls of perfectionism



Suitable for

Students in Grades 7 – 12 who would like to learn how to be successful in life and avoid the pitfalls of perfectionism.

Format

- 5-10 students per group.
- Weekly 1 hour workshops for 5 weeks.
- Led by a psychologist and supported by a school staff member (no prior training required) who can continue to support students to practice the strategies after the program is completed.

Session Outline

Session 1: What could be bad about being perfect?

Session 2: Three elements of good learning

Session 3: How to react when things don't go well: self-compassion

Session 4: How to react when things don't go well: self-criticism vs. self-compassion

Session 5: Keeping up with appearances: Social media and the pressures to be perfect

The program uses an evidence-based Cognitive Behaviour Therapy (CBT) approach

Students will learn:

Information about perfectionism, the positives and the pitfalls, and how this can impact learning, wellbeing, self-image and social interactions

A shared language that students and staff can use to talk about unhealthy expectations when it impacts on classroom engagement and wellbeing

A set of tools and strategies including taking time out, accepting individual differences, having self-compassion and being mindful of the pressures of social media

Please note that this program will collect data for research purposes. The ethics number for the project at Flinders University is 2833.

For more information, contact:

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