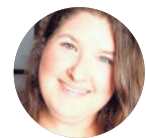


Failure teaches students how to succeed



Caitlin Joseph
Oregon Connections Academy

"I have not failed 10,000 times—I've successfully found 10,000 ways that will not work."

These iconic words from Thomas Edison remind us that failure is not a negative thing. In fact, it is part of the process towards success. As a life-long learner, the New Year gives me a chance to reflect on successes and missteps from this past year and areas for improvement in the year ahead.

It is easy to forget this old adage as an adult, but it is particularly difficult for children to learn and remember. Students are under an increasing amount of pressure for perfection. Whether it's balancing academics and athletics, or posting flawless pictures on social media, the pressure for perfection and the fear of failure is overwhelming.

Columbia University has a center dedicated to studying the benefits of failure and recently presented findings on the effects of failure on adolescents to a panel at the United Nations. Researcher Xiaodong Lin-Siegler told the panel, "Failures are especially overwhelming to young adolescents, yet

very few students know how to handle these negative feelings."

Children need to make some mistakes in order to learn. It depends on the individual student, but a new study suggests the 85% rule: getting things correct 85% of the time, and incorrect the rest.

University of Arizona study author, Robert Wilson, recently told Newsweek, mistakes are necessary for kids to learn. "As parents and educators we need to make sure we're not overemphasizing perfection at the cost of learning...when things are too difficult we don't learn either, so it's equally important not to push your kids into things they aren't ready for!"

Education experts now believe that a growth mindset and resilience are key to helping children thrive on challenges. When students believe their intelligence is "fixed," their motivation is extremely limited during a learning struggle. Those with a growth mindset are more motivated to take on education failures and learn from them.

Stanford psychologist Carol Dweck, author of these mindsets, explains the significant impact on students' success inside and outside of the classroom. "If parents want to give their kid a gift, the best thing they can do is to teach their child to love challenges, be intrigued by mistakes, enjoy effort, and keep on

learning," wrote Dweck in her book *Mindset*.5

Failure is part of life and it's a good idea to teach children to make mistakes and learn from the experience. Parents may want to jump in and help if they see their students struggling with schoolwork, but holding off provides valuable benefits later in life.

Allowing children to make mistakes helps them become better problem solvers, critical thinkers, and have more perseverance. Students also develop improved motivation, self-esteem, among other important character traits when they learn to overcome failure.

There are plenty of ways parents can assist children while they navigate their lessons without rescuing them when things get tough.

Encouragement: Praise students for their efforts regardless of the outcome. Applaud them for facing their struggles, and the improvements that come from these struggles. And celebrate their student's commitment to their studies.

Questions: Even if a student looks frustrated, parents should let them work through problems. Support children by asking questions to help them discover answers. Remind students that they can turn to their teachers for assistance if they don't understand an assignment.

To err is human: Failure can lead to

negative and damaging feelings for many children, so it's critical for parents to encourage them to stay positive and practice self-compassion. Emphasize to your child that their life is much broader than one setback in school.

New opportunities: Now is a great time for students to contemplate the past year, what they have learned and improvements they may be working on for the new year. Starting with a clean slate can give children a chance to try a different approach to a problem.

Students will soon understand that mistakes, errors, and disappointments can be opportunities for growth and learning. Parents will start to see increased confidence and experience more "aha" moments with their children.

If parents keep reinforcing the message that failure is part of the learning process, they will not only help their students succeed in school, but also prepare competent young adults to face all the challenges waiting for them in the future.

Caitlin Joseph is an Oregon Connections Academy AVID Teacher.

Enrollment is ongoing for the 2019-2020 school year.

For information please visit: www.OregonConnectionsAcademy.com or call (800) 382-6010.

Silverton man dies in crash near Marquam

David Davis
Salem Statesman Journal
USA TODAY NETWORK

A Silverton man is dead following a single-vehicle crash in Clackamas County.

Troopers were called to a report of a crash on Cascade Highway/Highway 213, about a mile north of the intersection with Marquam Canby Road, at 8 p.m. Wednesday, according to Oregon State Police.

Following an investigation, it was found that Nathan Ward, 38, of Silverton, was driving south on Highway 213 in a Honda Civic when he drove off the road, striking multiple fence poles.

Officials say Ward died of injuries sustained in the crash.

The highway was closed during the investigation.

Oregon State Police troopers were assisted by Mt. Angel Police Department, Silverton Fire Department, Woodburn Ambulance, and ODOT.

BRIEFS

Alpaca tourism takes 'Top 100'

Alpacas, those long-necked mammals resembling small llamas, won an Oregon tourism award in a Portland publishing company's business contest last week.

The Alpacas at Marquam Hill Ranch in Molalla and their owners, Bill and Jennifer Cameron, won the No. 1 spot in the fourth annual 100 Best Fan-Favorite Destinations in Oregon.

MEDIAmerica, publisher of "Oregon Business" magazine, selected the married couple's business, part of Silverton Chamber of Commerce, after scrutiniz-

ing 95,000 online reviews on Google, Trip Advisor and Yelp. Staff tallied travelers' overall satisfaction and used these scores to create the 100-winner list, according to a news release.

With the other winners, Alpacas at Marquam Hill will receive statewide promotion from the publishing company in 2020.

Others in the top 10 were Douglas County Museum in Roseburg, Tu Tu' Tun Lodge in Gold Beach, Abbey Road Farm in Carlton, Remote Outpost RV and Cabins in Remote, High Life Adventures in Warrenton, Rogue Valley ZipLine Adventure in Central Point, FivePine Lodge in Sisters, Powerland Heritage Park in

Brooks, and Cascades Raptor Center in Eugene.

The ranch features more than 80 alpacas, raised for their wool-like fiber, used for textiles.

Lunaria Gallery lights up January

In January, Lunaria Gallery will feature an exhibition "Home is Where the Heart is" in its larger downstairs area and "Inner Child" in the smaller loft upstairs. Customers can also meet the artists during Silverton's first Friday celebration on Jan. 3, from 7 to 9 p.m.

The gallery, located at 113 N. Water St., is open daily, 11 a.m. to 5 p.m.

The AP names its Breakthrough Entertainers of 2019

ASSOCIATED PRESS

The dictionary defines "breakthrough" as a "sudden advance," but the Associated Press' Breakthrough Entertainers of the Year spent lots of time preparing for their star-making moments.

Megan Thee Stallion spent years rapping while also attending college. "The Peanut Butter Falcon" star Zach Gottsagen dreamed of being an actor since age 3, and has been working toward that goal. And while "The Boys'" Jack Quaid, the son of Meg Ryan and Dennis Quaid,

grew up right in Hollywood, but he felt pressure to prove he actually had talent and wasn't riding on his parent's coattails.

Megan Thee Stallion, Gottsagen and Quaid join actors Florence Pugh, Kaitlyn Dever, Barbie Ferreira and Jonathan Majors on the AP's third annual list of entertainers who memorably broke through to the mainstream this year.

Pugh has been seen throughout the year, from the thriller "Midsommar" to this month's "Little Women."

Majors made his mark in the critically

acclaimed "The Last Black Man in San Francisco."

Ferreira's transition from modeling to acting paid off with her star-making turn in the gritty teen drama "'Euphoria."

Dever stood out not only for the witty flick "Booksmart" but for her role as a sex crime victim in the searing Netflix drama "Unbelievable."

While 2019 marked their breakout year, expect more to come from these talented performers. As Megan Thee Stallion says: I know I'm not where I want to be at yet, so I'm still trying to grind.

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