

The reasons behind homework struggles and how to avoid them

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SUMMARY

The discussion emphasizes that the real issue behind children's resistance to homework is not the homework itself, but rather their disconnection from the learning process due to external pressures and anxiety about performance. Parents are encouraged to shift their focus from grades and performance to fostering a genuine love for learning, which can help alleviate stress and motivate children.

- Homework resistance stems from anxiety and pressure to perform rather than the content itself.*
- Children often feel overwhelmed by the need to achieve high grades to be deemed successful.*
- Parents play a crucial role in reshaping their child's relationship with learning.*
- Shifting focus from grades to effort can help reduce anxiety and foster a love for learning.*
- Encouraging curiosity and discovery in learning is essential for motivation.*
- Parents should avoid discussing grades and instead engage with their child's learning process.*
- A supportive and understanding approach can help children rediscover their intrinsic motivation.*

so this is a common problem getting your kid to do homework and getting your kid to be motivated what parents need to realize is that homework is not the problem that the kid is having the kid has developed a resistance to the learning because somewhere and we've contributed heavily to this they've lost their connectivity to the learning material to their own learning process to the sense of Discovery curiosity and their IM ambush in meshed in anxiety

homework has now become about performance it has not become what it should be which is learning a deeply intimate individualized process of learning we've so strayed away from the original idea of Discovery and self-paced curiosity and so entered a mainstream model of you have to do well go to three specific colleges if you to be called a success and get only an a grade to be identified as a successful human being when the child feels that

pressure 90% of children are going to Buck under it are going to avoid it and that's what you're seeing in everyday life so what can a parent do this is going to ask for a tremendous amount of Courage from the parent because the parent is going to have to step away from their instinct to go with the crowd to go with the norm they're going to have to break away from the norm if they're going to ReDiscover um a sense

of purpose with their child for learning so what can a parent do the parent needs to to take away all emphasis on grades on performance on the test tomorrow and rechannel the energy on the effort the child puts in so all focus

and energetic input needs to be on the evening before in helping the child recreate a sense of learning non-resistance motivation and removing all anxiety around how they will perform so the parent will really

not have to look at the test grades talk about the test ask them about how the test was and when the child begins to pick up that the parent is not gauging me now on my performance they begin to ease now into how may I learn