

Demonstrates Consistent Effort

What does “Demonstrates Consistent Effort” mean?

This skill reflects a child’s ability to work through tasks toward a goal. That means handling frustration, staying focused, and not giving up. This skill is about sticking with something even when it is hard. This skill is important because it shows children that their effort matters and gives them confidence when they face challenges.

Demonstrates consistent effort is different from “Strives for quality work”. Strives for quality work is about children trying their best to meet adult expectations for their school work. Demonstrates consistent effort is about children working through challenges, managing frustration, and not giving up when things are difficult.

TIPS for TEACHERS

How can I explain this skill to children?

Explain that it is important not to stop trying when something is difficult. For example, learning to write your name is hard. You have to learn to write one letter at a time, and sometimes it might feel like you’ll never be able to write your whole name. It is easy to feel frustrated or angry when you can’t do it right away. If you stop trying, you will never learn to write your name. If you keep working hard and ask for help when you need it, you will eventually be able to do it! Remind children that even adults get frustrated and need to work hard when they are learning a new skill. Give children an example of a skill that you had to work hard at until you got it right.

What are some examples of best practices from educational experts and fellow teachers?

TIP1

Teach self-monitoring. Kindergarten children are not yet able to fully monitor themselves to gauge if they worked their hardest. You can introduce them to the idea of self-monitoring by encouraging them to think about how much effort they put into a task. Help them reflect on whether they put their best into an activity by asking them questions like:





- How do you feel when you look at this? Does it make you feel good? Do you feel proud?
- We are going to hang this up in the classroom. Are you happy with it or do you want to try again?
- We are sending this home so your family can see how hard you worked. Are you excited about that?

If children don’t feel proud of what they’ve done and don’t want to share it, ask them why. If they suggest that they can do better, encourage them to try again until they feel like they’ve done their best.

TIP2

Model self-talk. One of the ways children can learn to persist is by talking problems out in their heads. You can model this by talking through a problem you are facing. For example, you might say: “I’m getting so angry! Writing the number 8 is tricky. I want to give up, but I am not going to. OK, I’m going to take some deep breaths and try again.” When you try again, maybe mess up a few times, and talk through the mistakes: “Hmmm...that’s not right. Maybe, if I try this...” When you get it right, share how you feel: “I did it! I’m glad I didn’t give up.”

It can also be useful to have a chart like this posted in the classroom. The questions in this chart can remind children how to talk out their problems when they are having trouble persisting at a task.

TALK IT OUT	
	Am I feeling confused or frustrated?
	Am I being distracted by anyone or anything?
	Am I trying my hardest?
	Have I tried different ways to solve the problem?

TIP3

Show children their progress. Remind children how far they have come in developing a skill by showing them examples of their progress. This can be especially helpful if they are having trouble with a new skill. For example, if a child is having trouble writing the number 8, show them other numbers they have written. Remind them how difficult it was to learn to write these other numbers and how hard they worked to do it. Because they worked hard, they are an expert at writing these numbers now and can be an expert at number 8 too! Reminding children of their progress lets them see how working through challenges helps them grow. It can also be helpful to share student progress with their families so that everyone can see how far the child has come in developing a skill.

How can I encourage children when I see them trying to learn this skill?

Acknowledge children for their efforts! For example, tell your child, “Laila, look how hard you are working to read that book!” or “You really tried your best to put that puzzle together, Elijah!”

To learn more about the tips and where they came from, please visit our references page: ckphilly.org/citations