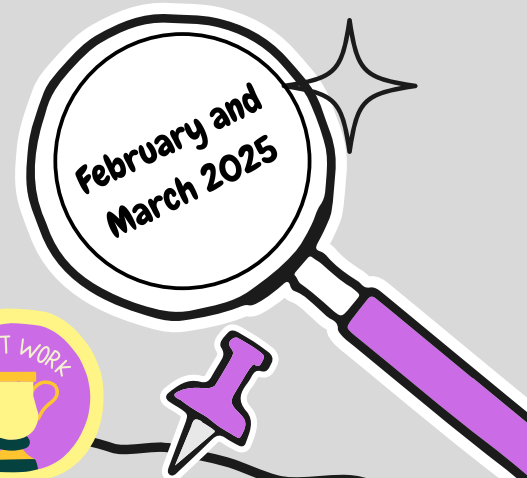


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UW TACOMA'S FIRST GEN FAMILY FORUM



Soft Skill Focus: FLEXIBILITY

Flexibility refers to the ability to switch between tasks and adjust to changes in the environment. It's how we adapt our behavior to fit different situations or stimuli. Researchers sometimes call it cognitive flexibility, task switching, or mental flexibility.

Teens who have trouble with flexibility find it hard to notice changes in their surroundings and may struggle to shift focus between tasks or important information. When they're inflexible, they might get "stuck," resist transitions, or keep repeating the same action even if it's not working.

Give PRAISE when you see your child being flexible!!

When you find your child finding new ways to solve a problem, or seeing something in a new way, praise them. Be specific, "I'm proud of you for finding a new way to solve that problem with your friend." or, "I'm proud of you for being flexible with the change in our schedule today."

Try out new game rules to teach Flexibility



An important part to flexible thinking is to see things in different ways. One strategy to try is to take a game that your family knows well, and switch up the rules. This can be as easy as taking a game of soccer and changing the rules so your team gets a point every time you block a goal. Or, while playing Monopoly, deciding to move the tokens in the opposite direction around the board. Changing the rules of a game shows your children that sometimes it can be fun to look at things in a different way.

“Leaders honor their core values, but they are flexible in how they execute them.”

- Colin Powell Former United States Secretary of State.

FIRST GEN STUDENT SPOTLIGHT



Jasmine K.

Senior
Business
Administration
(Finance)
Law & Policy
Minor

"Being a first-gen student is about breaking barriers, not just for myself, but for my family and community, proving that success in both an education and career is possible, even when the path is not charted!"

FLEXIBLE THINKING



RIGID THINKING



- Keeping an open mind
- Open to new ideas and perspectives
- Open to learning exploring, expanding
- Tries new experiences
- More able to deal with unexpected stressors
- Adjusts to different circumstances
- Mindful of own actions and behaviors

- Fixed ideas, preferences, habits
- Unwilling to try new experiences
- Struggles to adapt
- Difficulty coping with stressors and challenges
- Resistant to change
- Finds self often in conflict with others
- Struggles to find peace or satisfaction in the moment

Be a FLEXIBILITY Role Model @ home

If you were planning to go to the store but it closed early, you might calmly say **"It's frustrating that the store is closed, but we'll try again in the morning."** Take the time to say these comments out loud; **your child can learn a lot by hearing your own self talk.**



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