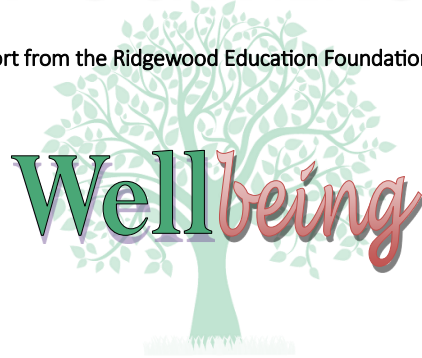


Ridgewood Public Schools

COMMUNITY OUTREACH PROGRAM

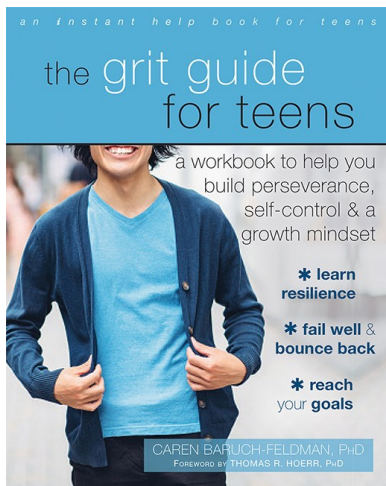
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Developing Grit, Self-Control, and a Positive Mindset: The Keys to Success

Dr. Caren Baruch-Feldman

will share her expertise and insights
based on her book,
The Grit Guide for Teens.



Wednesday, February 28, 2018
7:00 - 9:00 PM

George Washington Middle School
155 Washington Place
Ridgewood, NJ

A growing body of research is finding that grit, self-control, and a positive mindset can have a strong influence on the academic achievement and emotional well-being of children and teens. Furthermore, these qualities have been found to be the “secret sauce” to their success. Dr. Baruch-Feldman will share the latest research on grit, self-control, positive mindset, and “failing forward,” as well as strategies that promote these characteristics.

Dr. Caren Baruch-Feldman is a clinical psychologist and a certified school psychologist. She maintains a private practice in Scarsdale, NY and works part-time as a school psychologist in the Harrison schools in Westchester, NY. Dr. Baruch-Feldman is a fellow and supervisor in rational emotive behavior therapy (REBT), a type of cognitive behavioral therapy.



Office of Curriculum, Instruction, & Assessment

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