

YOUR SUPPORT MAKES A WORLD OF DIFFERENCE!

Parents play an important role in their child's **motivation, perseverance, and balance.**

SCHOOL-WORK-PERSONAL LIFE BALANCE: AN IMPORTANT ISSUE

2 out of 3 students on the North Shore also have a paid job during high school. Among other things, **a positive work experience** during their student years helps young people:

- Build independence
- Gain valuable experience
- Save money for personal projects
- Develop confidence

However, an **unhealthy school-work-personal life balance** could lead to:

- A **loss of motivation**
- **Learning difficulties**
- Feeling **discouraged**



EASY WAYS TO SUPPORT YOUR CHILD'S SUCCESS

FOUR TIPS TO HELP YOUR CHILD PERSEVERE

1. Show interest in their school path

- Their school life
- Their aspirations and projects
- Their successes and challenges

2. Value their efforts, not just the results

- Highlight their progress and small successes
- Encourage them to persevere

3. Talk about school-work-personal life balance

- Their schedule (classes, work, etc.)
- Their school priorities and their hobbies
- Their resting time and general balance



Use these two online tools to help reach a healthy balance:

¹ **[JeConcilie]** ↗

1.



- Lets them evaluate their life situation;
- Shows them a general balance assessment;
- Provides useful resources;
- Don't forget the "Parents" section!



² [RAP Côte-Nord's 168 hours tool] ↗

2.



- Makes them realize how their time is spent in a week;
- Provides tips and tricks on how to better manage their time.

4. Look out for signs, and notice changes in their life

- Persistent school difficulties
- Signs of exhaustion or discouragement
- A loss of interest for their studies or their personal projects

You are not alone. The school can help you support them better.

Asking for help is also a great way to support your child's perseverance.

³ [Learn about the Act respecting the regulation of work by children by reading this summary] ↗

3.



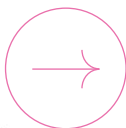
BECAUSE EDUCATIONAL SUCCESS IS
A TEAM PROJECT!

INVOLVED PARENTS, PERSEVERING YOUTHS

WHEN PARENTS ARE INVOLVED, THEIR CHILDREN PERSEVERE

Parents who are regularly involved in their child's quest for balance notice:

- Better motivation
- Fewer thoughts of giving up
- Higher school aspirations
- Healthier school-work-personal life balance



- **90 %** of parents on the North Shore consider it very important to get that first diploma
- **Over 90 %** of parents on the North Shore feel comfortable communicating with the school

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