

RECOGNIZING THE MULTIPLE INTELLIGENCE OF CHILDREN

A FOUNDATION FOR
INTERPERSONAL SKILLS &
EMOTIONAL WELL-BEING



**WELCOME
INTRODUCTIONS**

THE CHRYSALIS OF FORMATION



- MULTIPLE INTELLIGENCE
- 7 C'S OF RESILIENCE

- INNATE CAPABILITY
- SOCIAL COMMUNITY

- EMOTIONAL WELL-BEING
- APPLICATION

LOCUST OF CONTROL

- DECLINING AGENCY: COMPARED TO PREVIOUS GENERATIONS, MODERN YOUTH HAVE LESS INDEPENDENCE, LESS SELF-DIRECTED TIME, AND FEWER OPPORTUNITIES TO LEARN THAT THEIR ACTIONS DIRECTLY IMPACT OUTCOMES.

It is more common for females to have internalizing problems , conversely, males present with more externalizing problems



7 C's of Resilience

COMPETENCE—ABILITY TO TRUST YOUR JUDGEMENT

CONFIDENCE—COMPETENCE IN ACTION

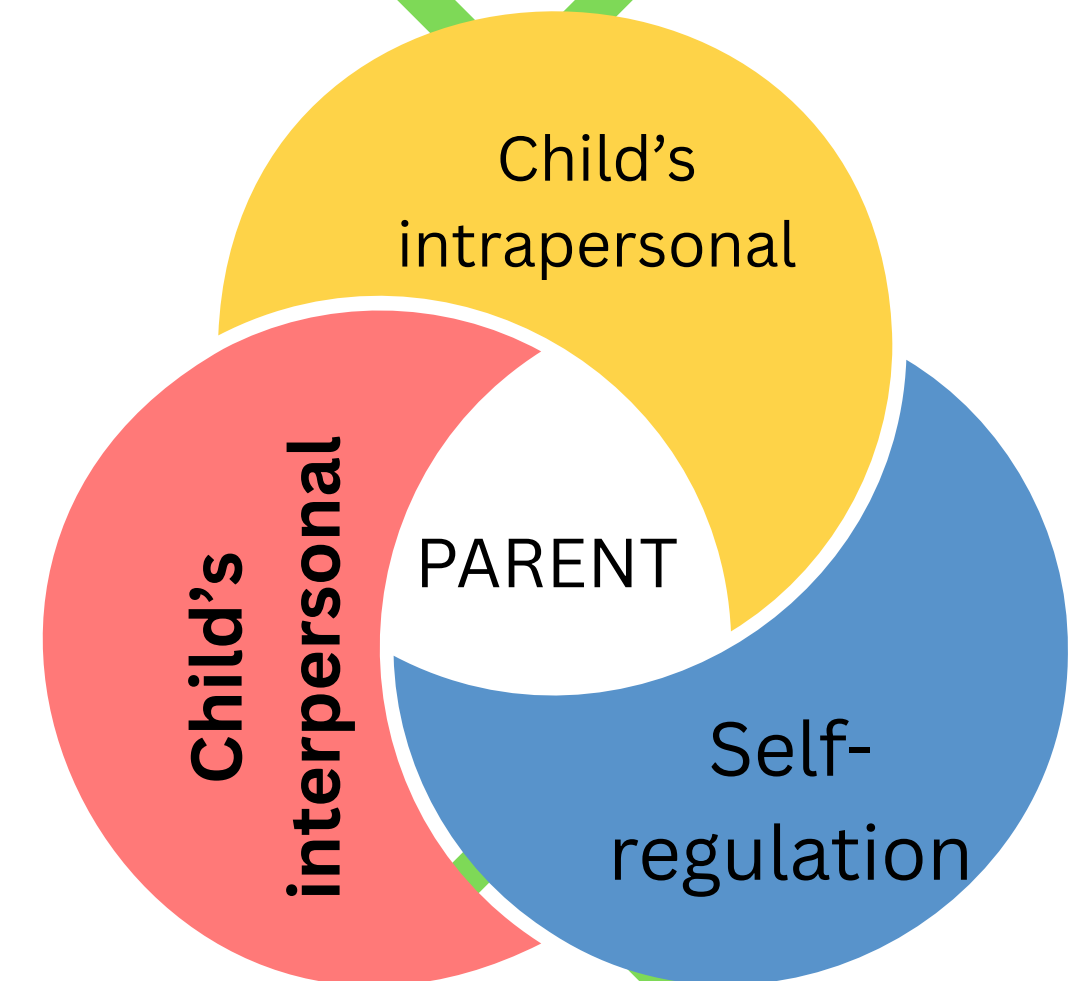
CONNECTION—SECURITY AND BELONGING

CHARACTER—FUNDAMENTAL SENSE OF RIGHT/WRONG

CONTRIBUTION—SENSE OF PURPOSE

COPING—HOW TO HANDLE STRESS

CONTROL—SELF-REGULATION SKILLS



What the Data Says

More than 90% of Gen Z children felt a lot of happiness and enjoyment the prior day – but sizeable segments also felt stress, anxiety, sadness or loneliness.

Parents find it difficult to talk about some of the topics they worry most about, such as their child’s mental health, feelings and experiences on social media – but their children overwhelmingly find those conversations to be helpful.

Parents struggle to balance guiding their children with giving them independence – but Gen Z children crave greater freedom and space to chart their own path.

Report Card: Student Perspective on U.S. Schools

Name: U.S. Schools Survey Period: April 24-May 8, 2023

Surveyed: Public and private school students enrolled in grades 5-12

Students often are given grades of A, B, C, D and "fail" on the quality of their work.

What grade would you give your school when it comes to:

	A Excellent	B Good	C Satisfactory	D Poor	F Fail	Average Grade
Your school overall	22%	44%	24%	7%	3%	B-
Respecting who you are regardless of your race/ethnicity, gender and identity	48%	29%	13%	5%	5%	B
Keeping you physically safe	43%	32%	15%	6%	4%	B
Making you feel included	29%	35%	22%	9%	5%	B-
Exposing you to ideas and opinions that are different from your own	27%	37%	24%	7%	4%	B-
Using technology in new and exciting ways to help you learn	27%	36%	24%	8%	5%	B-
The quality of teaching	23%	43%	22%	8%	4%	B-
Supporting your mental health	22%	32%	24%	11%	11%	C+
Preparing you for your future	20%	41%	25%	9%	5%	B-
Teaching you in ways that adapt to your unique learning needs	19%	33%	27%	11%	10%	C+
Teaching you about potential careers	17%	35%	28%	13%	8%	C+
Making you excited about learning	13%	35%	28%	13%	11%	C+

Supporting your mental health	22%	32%	24%	11%	11%	C+
Preparing you for your future	20%	41%	25%	9%	5%	B-
Teaching you in ways that adapt to your unique learning needs	19%	33%	27%	11%	10%	C+
Teaching you about potential careers	17%	35%	28%	13%	8%	C+
Making you excited about learning	13%	35%	28%	13%	11%	C+

Key findings from 2025 survey include:

Walton Family-Gallup *Voices of Gen Z*- Year 3 Annual Report

Life evaluation among all Gen Zers declined to its lowest level in the past three years, with 45% of 13- to 28-year-olds considered “thriving” in their lives. However, this decline is driven exclusively by Gen Z adults, whose thriving percentage declined to 39% – a five-point drop from 2024. Meanwhile, more than half of Gen Z middle and high school students (56%) are thriving.

Gen Z has never felt more prepared for their futures: 56% of Gen Z agree they feel prepared for their futures, a 12-point increase since 2023. Moreover, while unchanged from prior years, about three-quarters of Gen Z (77%) agree they have a great future ahead of them.

Gen Z students report notable improvements in every aspect of their school engagement compared with 2024; however, about half of students do not agree that their coursework gives them the opportunity to do what they do best or challenges them in a good way, and just over one in three students do not feel they have recently learned anything interesting.

As in prior years, students who are more engaged in the classroom are significantly more likely to feel prepared for and optimistic about their futures, as well as more likely to be thriving in their lives. Additionally, students who are more engaged are also less likely to be chronically absent from school.

Students who report greater enjoyment of reading— as well as those who read more frequently for enjoyment — are also more likely to report strong overall academic performance. However, 35% of Gen Z students say they dislike reading, and 43% say they rarely or never read for fun.

What the Data Says

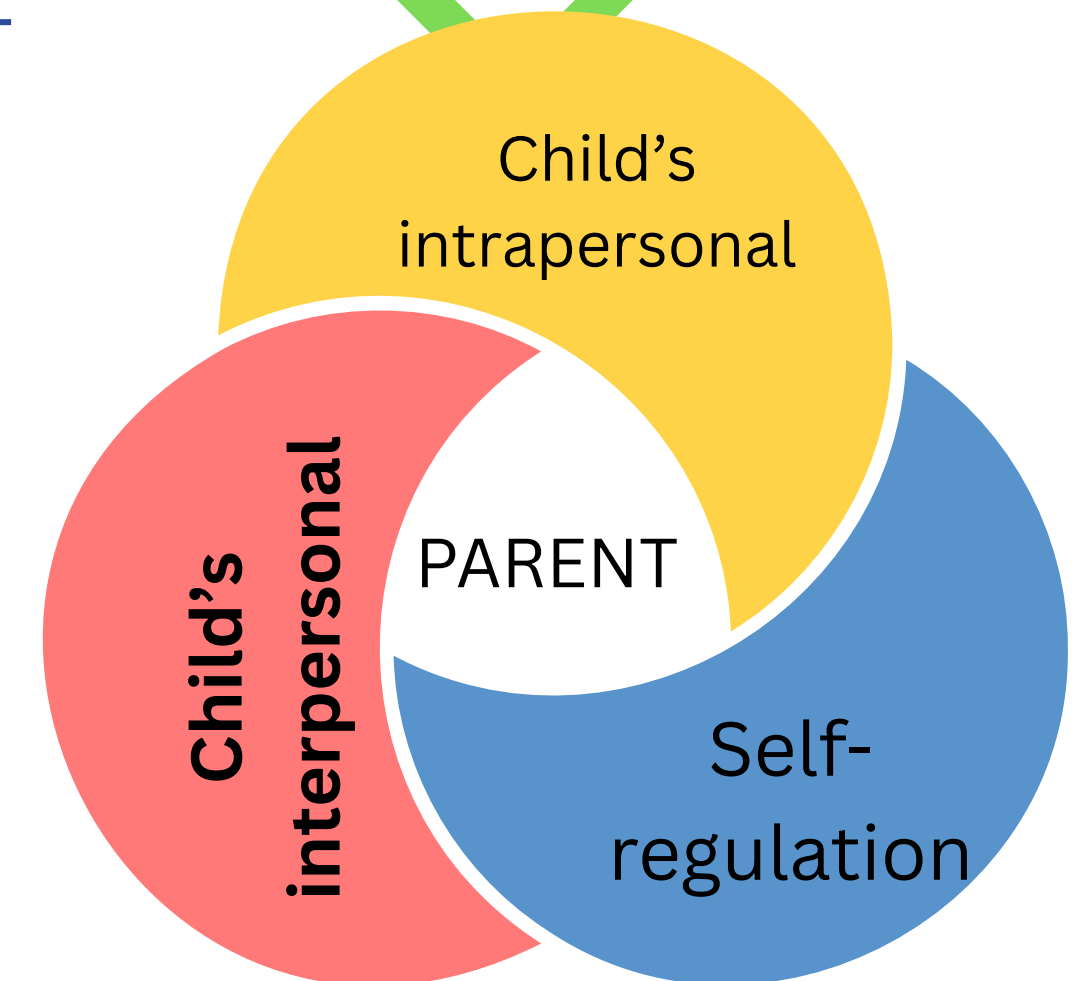
WESTERN SOCIETY-RISING SADNESS-DECLINE
LIFE SATISFACTION-INCREASED LONLINESS

HCPS-37% LIKE SCHOOL-60% FEEL
BELONGING- OVER HALF BOREDOM

PRINCE GEORGE'S COUNTY-43.6%
MIDDLE-SADNESS/HOPELESSNESS

ACROSS OECD-YOUTH MENTAL HEALTH
COMPLAINTS RISING-LIFE SATISFACTION
DECLINING- ADOLESCENT GIRLS MOST
AFFECTED

NAIS-LONELINESS -INDICATORS OF DEPRESSION, ANXIETY
POOR SLEEP QUALITY-SUBSTANCE USE



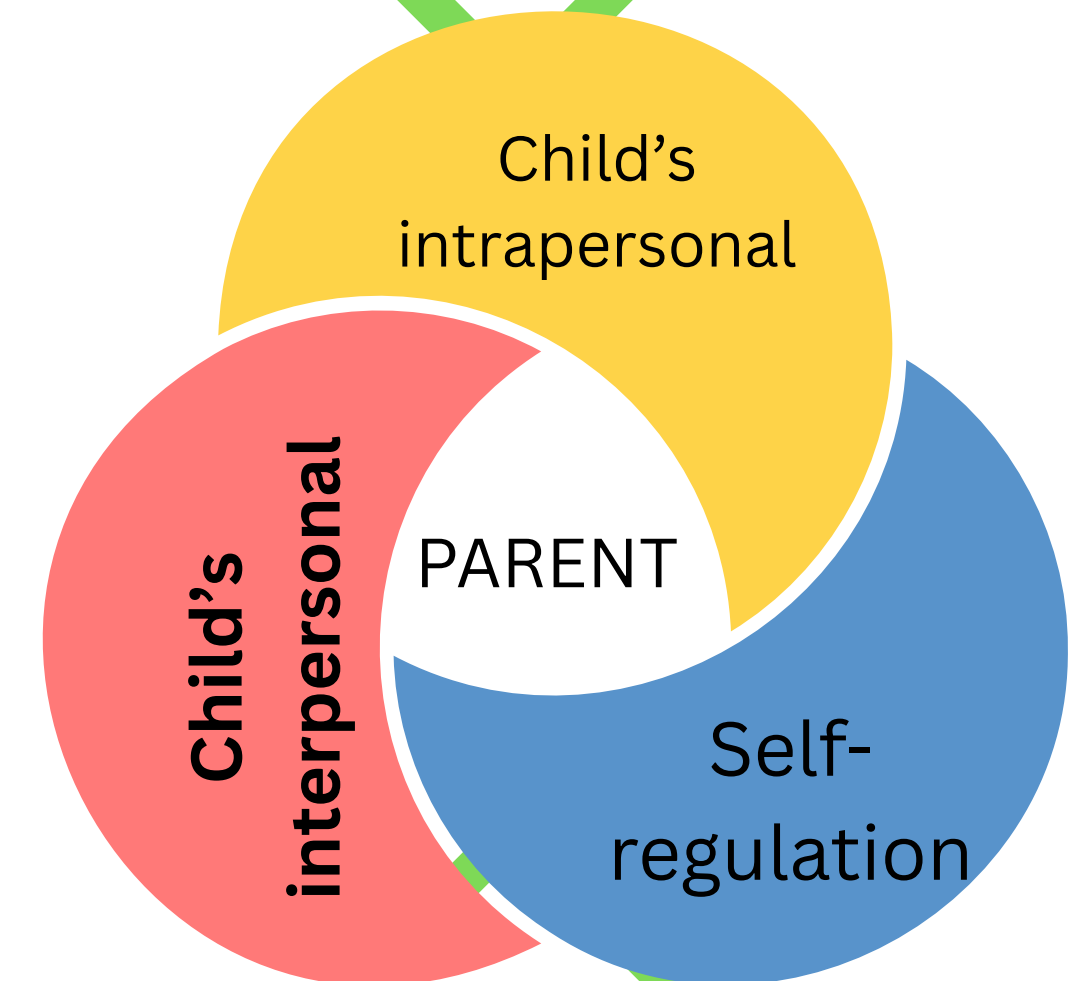
Let's Improve the Data

Key Question

WHAT IF THE PATHWAY TO YOUTH MENTAL WELL-BEING IS NOT A TREATMENT....

Youth Are Not Broken- it's often misaligned strengths

LETS TALK ABOUT ACTIVATING STRENGTHS



RECOGNIZING OUR YOUTH'S INTELLIGENCE

Logical

ABILITY TO THINK CONCEPTUALLY AND ABSTRACTLY. THE CAPACITY TO DISCERN LOGICAL AND NUMERICAL PATTERNS



Response

"I LIKE FIGURING OUT PUZZLES AND FINDING THE ANSWER WHEN THINGS DON'T MAKE SENSE."

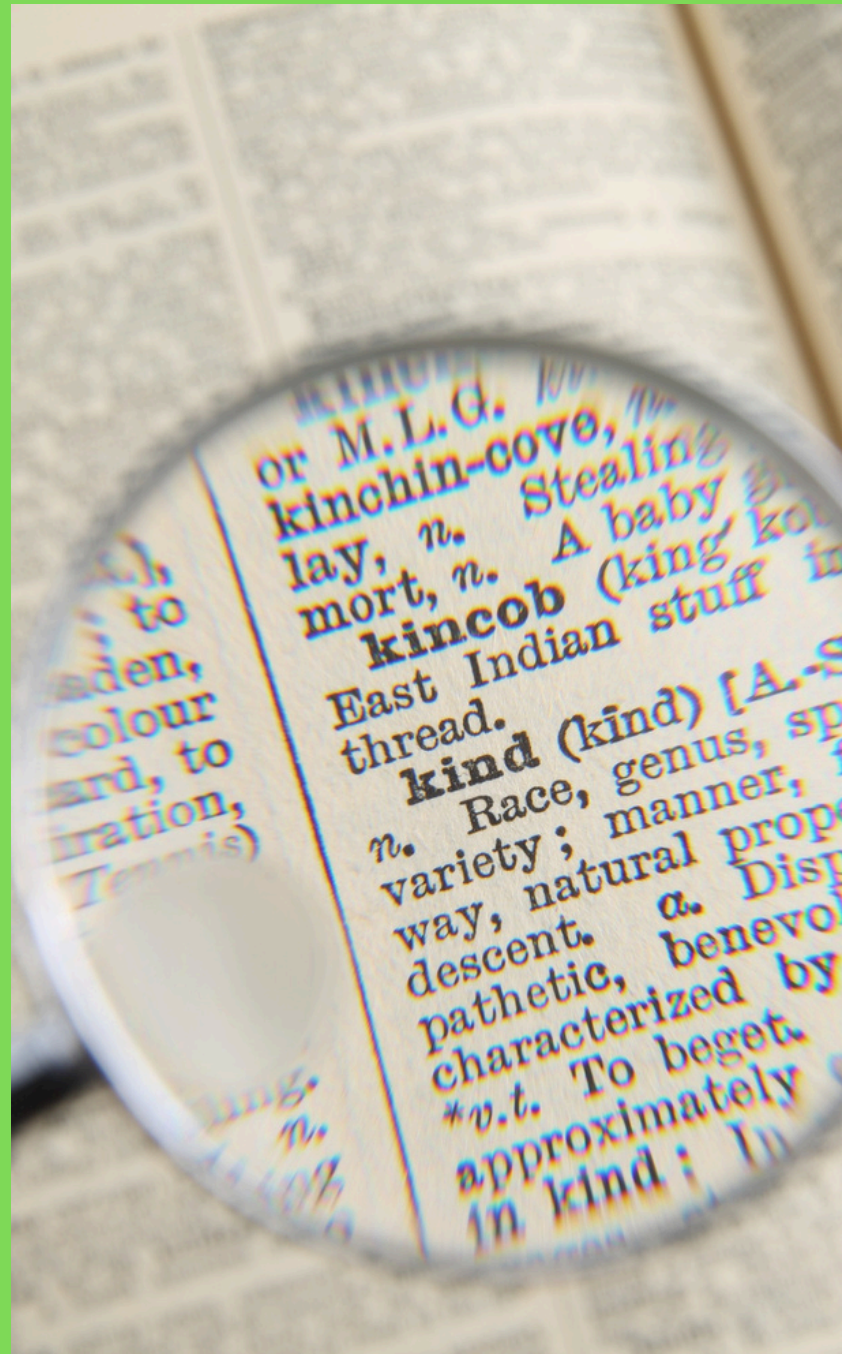
Emerging Careers

- AI / Machine learning engineer
- Data scientist
- Cybersecurity analyst
- Climate data analyst
- FinTech developer

RECOGNIZING OUR YOUTH'S INTELLIGENCE

Verbal-linguistic

WELL DEVELOPED VERBAL SKILLS AND SENSITIVITY TO THE SOUNDS, MEANINGS, RHYTHMS OF WORDS



Response

"I ENJOY EXPLAINING IDEAS OR TELLING STORIES SO PEOPLE UNDERSTAND THINGS BETTER."

Emerging Careers:

- Podcast producer
- Content strategist
- Digital storyteller
- UX content writer
- AI prompt engineer

RECOGNIZING OUR YOUTH'S INTELLIGENCE

Musical

ABILITY TO PRODUCE AND APPRECIATE RHYTHM, PITCH, AND TIMBRE



Response

"I REMEMBER THINGS BETTER WHEN THERE'S RHYTHM OR MUSIC INVOLVED."

Emerging Careers:

- Sound designer for video games
- Podcast audio engineer
- Film scoring composer
- Music AI developer
- Digital streaming strategist

RECOGNIZING OUR YOUTH'S INTELLIGENCE

Kinesthetic

ABILITY TO CONTROL ONE'S BODY MOVEMENT AND HANDLE OBJECTS (TOUCHY/ FEELY)



Response

"I UNDERSTAND THINGS BETTER WHEN I CAN MOVE AROUND OR BUILD SOMETHING."

Emerging Careers:

- Sports performance analyst
- Physical therapy technology specialist
- Motion capture performer for animation
- Fitness technology trainer
- Robotics technician

RECOGNIZING OUR YOUTH'S INTELLIGENCE

Spatial-Visual

CAPACITY TO THINK IN IMAGES AND PICTURES, TO VISUALIZE ACCURATELY



Response

THEY PHYSICALLY DEMONSTRATE THE CONCEPT

Emerging Careers:

- UX / UI designer
- Virtual reality world designer
- Video game environment artist
- Drone mapping specialist
- Augmented reality developer

SPIRITUAL AWARENESS

PROTECTIVE BRAIN EXPERIENCES

EMERGING AWARENESS: CHILDREN & ADOLESCENTS, NATURAL SPIRITUALITY EMERGES ALONG WITH OTHER DEVELOPMENTAL PHASES

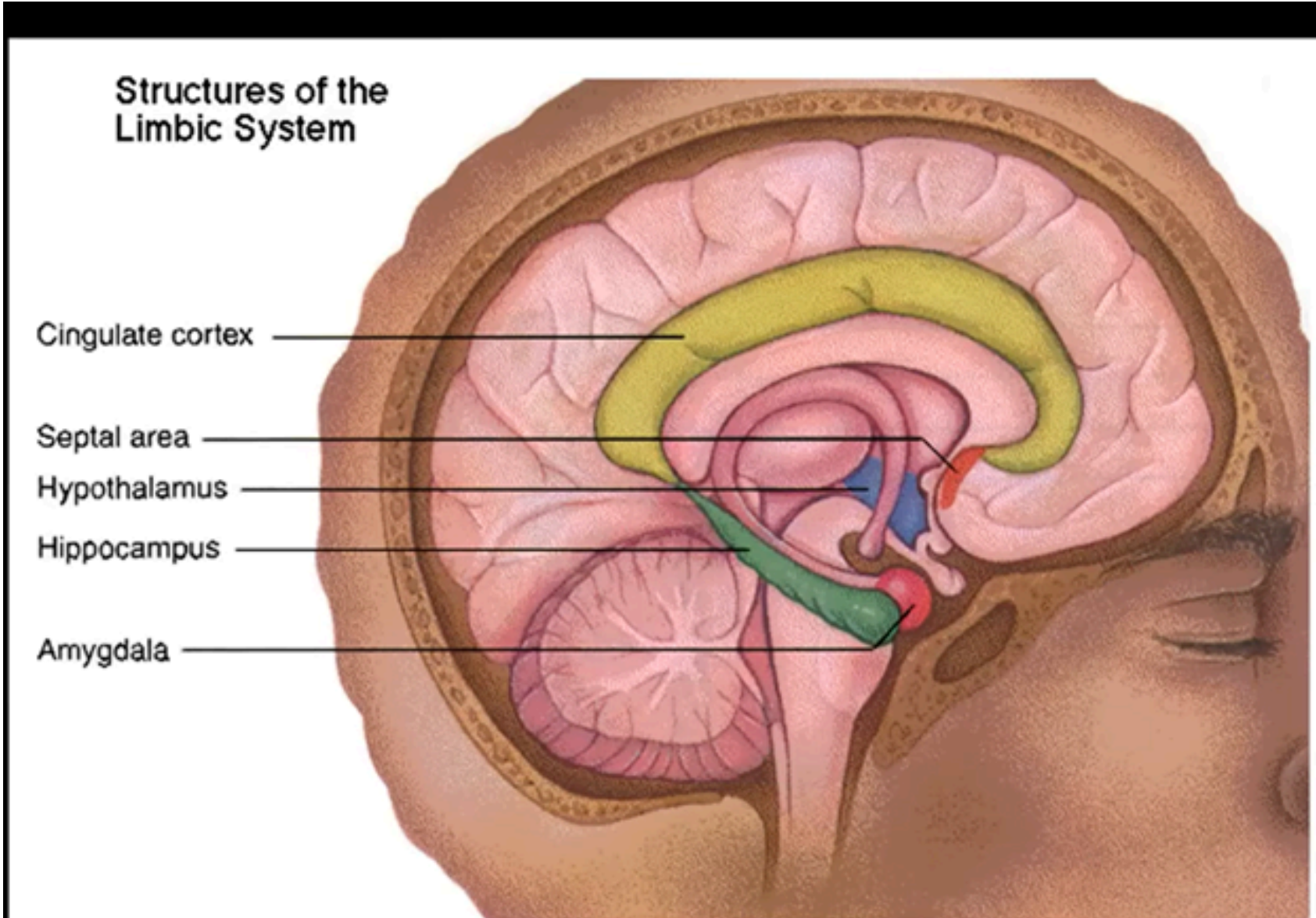
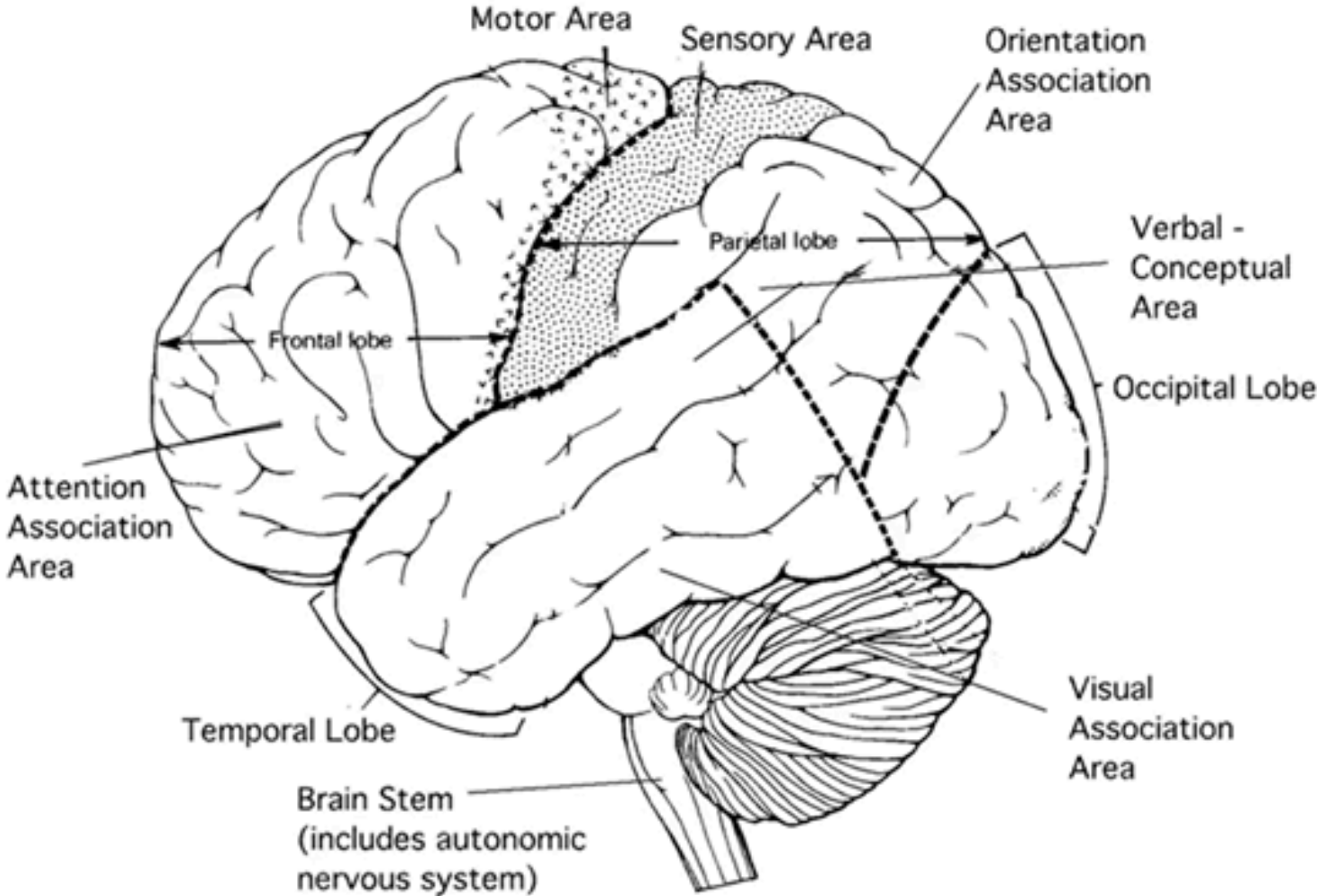
Numerous studies using functional imaging have shown that various forms of meditation and prayer produces increased size and function of brain areas involved in reducing anxiety, increasing resilience, and improving the ability to reason and make decisions

VISIBLE RESPONSE- “When I’m exhausted, my son will smile and give me a hug”

THE BRAIN AT WORK

Mind-Brain-Body

Functional Areas of the Brain

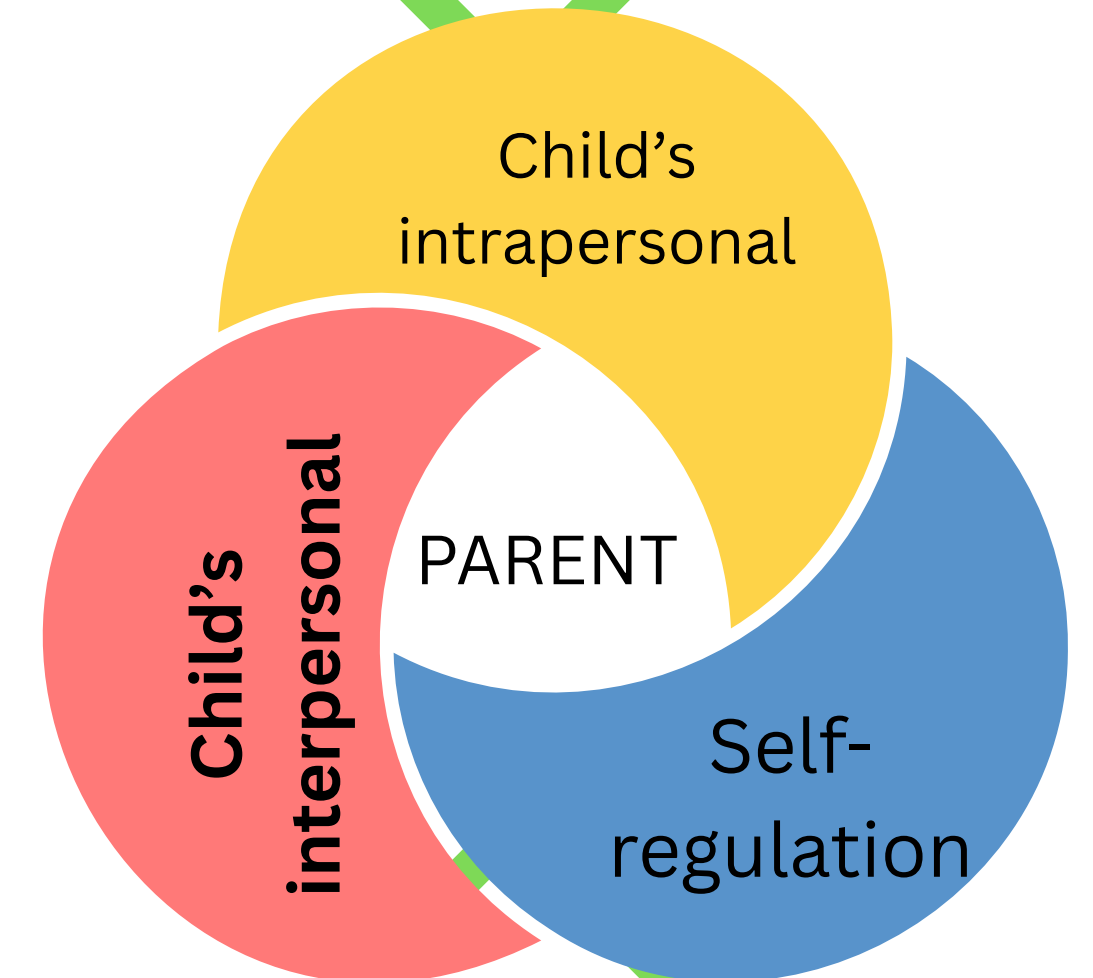


images from Dr. Andrew Newburg

Strength Experience

ANXIETY DECREASES

**MOTIVATION
INCREASES**



Emotional Well-Being

1

INTRAPERSONAL SKILLS

*Logical-Musical-Kinesthetic- Spatial/
Visual- Verbal/Linguistic-*

2

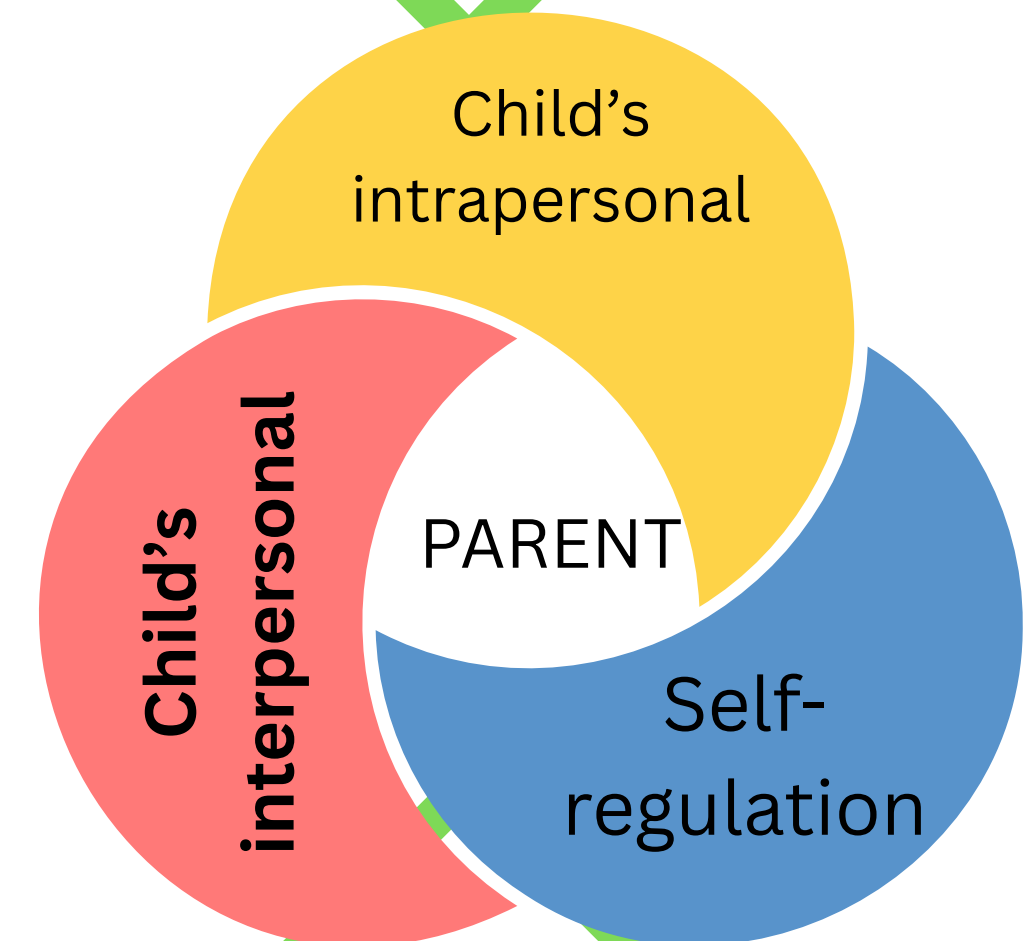
INTERPERSONAL SKILLS

*Social ability to manage Locust of
Control*

3

SELF-REGULATION

Like-minded environments



FAMILY

*NURTURING HOME
INTER/EXTRA FAMILY ACTIVITIES*



- **Reflection**- "My mom asks me what I learned about myself when something goes wrong instead of just telling me what I did wrong."
Emotional Language- "My dad helps me name what I'm feeling instead of just saying I'm being dramatic."
- **Growth Mindset Reinforcement**- "When I fail at something, my parents say it's information, not the end."
- **Help Identify Strengths**- "My mom tells me she notices when I stay calm in stressful situations."

Interpersonal Well-Being in Community

Metacognition at Work

Incoming Info/thoughts

1. Social and physical threats are the same to the brain
2. Identity Fusion- intense bonds, leading to pro-group behavior.
3. Identity vs Performance

Self-regulate/thought redesign

1. Self- reflect on positive experiences, intra-personal strengths.
2. Reflect on true family bonds and spiritual awareness
3. "My parents ask me how are you feeling, not how I did on the math test."

TAKE-AWAYS

Interpersonal Well-Being in Community

Takeaways for Parents

1. Observe, don't label: Notice where your child shines—those moments reveal their intelligence profile.
2. Support through strengths: Use their natural modes of learning to guide emotional regulation.
3. Model calm connection: Children mirror emotional stability when they see it practiced through their lens of understanding.

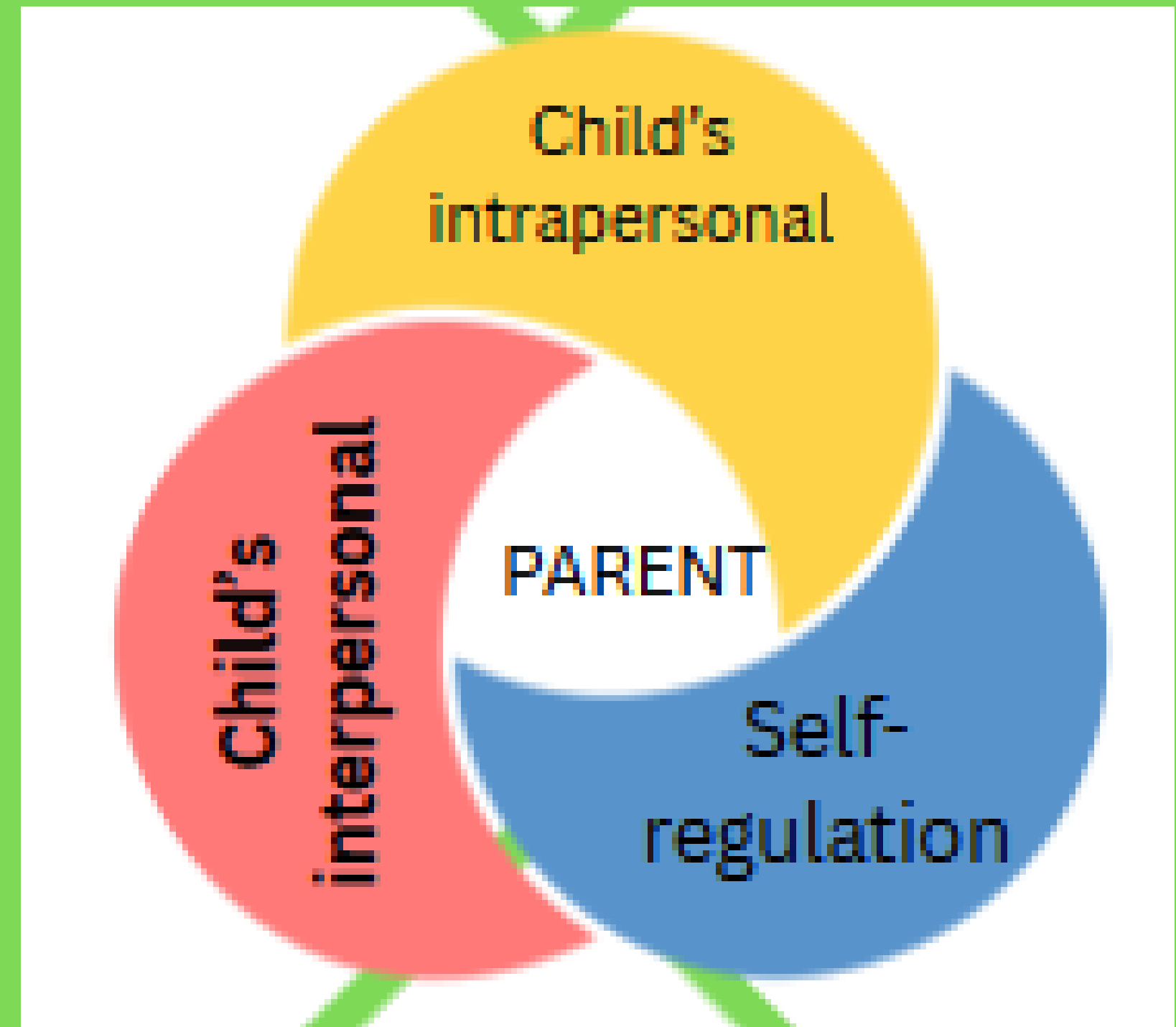
Why It Matters

- Fosters early emotional literacy and stress resilience.
- Strengthens family relationships through empathy and communication.
- Aligns with social-emotional learning (SEL) and preventive mental health goals.

When Youth Discover Their Strengths- They Discover HOPE

SUMMARY

1. *WE ARE BORN WITH INNATE CAPABILITIES*
2. *RECOGNIZE AND BUILD ON OUR CHILD'S GIFTS & TALENTS (NOT OUR OWN)*
3. SELF-REGULATE TO MANAGE THE INTERNAL NARRATIVE OF THE MIND
4. BUILD BRAIN ARCHITECT TO MANAGE THE EXTERNAL LOCUST OF CONTROL
5. EMOTIONAL WELL-BEING IS MANAGEABLE



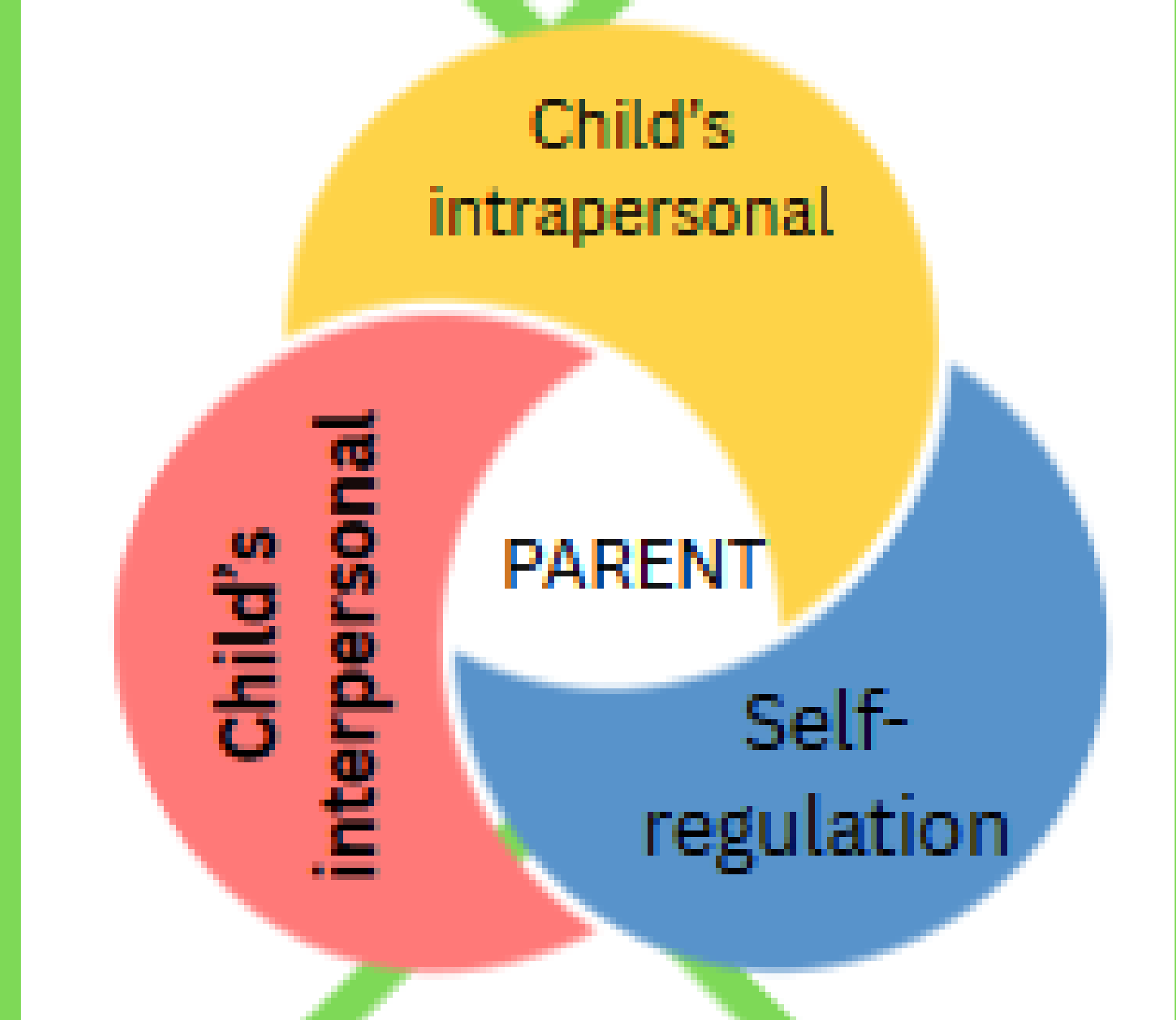
When Youth Discover Their Strengths- They Discover HOPE

REFERENCES

1. HCPS- WELLNESS ASSESSMENT
2. PG COUNTY-CHNA 2025
3. NAIS REPORT
4. OECD REPORT

Resources

1. The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving- Lisa Miller Ph.D
2. Bad Therapy: Why Kids Aren't Growing Up- Abigail Shrier
3. Clifton Strengths Explorer assessment



THANK YOU

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