

As schools cope with perfectionism students

Perhaps we don't talk about it, because too few Russian-language studies on this. Or, on the contrary, a little research, because we are not discussing the problem of perfectionism? It is hardly possible to deny that the phenomenon takes place in our lives. Just in [custom essay help](#) the Russian vocabulary is more common vague definition of "excellent pupil" which long ago outgrew its sphere of use and gradually crept into our daily lives. "You know, I want everything to be perfect. Probably, I have a complex of excellence" - is not uncommon to hear such reflections on any occasion. This is often admirable, sometimes mocked, sometimes irritation. But no matter how we react to perfectionism or "excellent pupil" - the problem is actually serious.

In a review article, a senior researcher of the laboratory of clinical psychology and psychotherapy research Institute of psychiatry of Roszdrav Volkovoy Svetlana presented interesting data on the problem of perfectionism and its study. For example, referring to the work of R. O'Connor, a psychologist notes that around the world since the late 80-ies the number of scientific publications on the issue of perfectionism has grown 300 per cent, scientists are trying to formulate a more precise definition of the phenomenon, we create a classification of their own, exploring its causes and consequences. Moreover, the results of these studies were quite disappointing: most of the psychologists discovered the relationship of perfectionism with anxiety and depressive disorders, inflated claims to himself, excessive self-criticism, low self-esteem. Is of particular concern here is the fact that the origins of anorexia and bulimia among teenagers the researchers also associated with earlier formed perfectionism.

Source: Flickr.com

Here in the West, in such a wide spread phenomena, increasingly think about how to help children overcome perfectionism and to influence the development of self-esteem. For example, according to the results of a series an interview with Tatler magazine with representatives of the British schools for girls in education in the United Kingdom today there are attempts to overcome this problem.

Dr. Adrian Kay, a leading expert on eating disorders at the Priory health centre, said that in many UK schools today, developed effective methods of solution of the problem. She notes: "If perfectionism is not correct, it begins to destroy self esteem... It could be a brilliant feature to find their place in life, but unfortunately, perfectionism leads to excessive self-criticism, and if you are not able to control it, your self-doubt begins to interfere with your decisions".

Source: Priory.

Oxford high school for girls, like many others, tries to fight the excessive desire for achievement. She recently presented a program entitled "the Death of little miss perfect" - a kind of online test in which questions are so difficult that they are almost impossible to answer correctly.

"Real life has nothing to perfection, says the school head teacher Judith Carlisle. Therefore, the purpose of my work is to prepare students for uncompromising and often unfair life and provide them a great assessment, which will allow you to go to University".

Continuing the same theme, last year high school for girls Wimbledon staged a "week of failures", the purpose of which was to increase the resilience of children to failure.

The school was invited successful women to spend during the week several lectures, in which they talked about their previous failures and discussed with the girls their experiences.

Source: Wimbledon High School.

Speaking at a conference in March this year, Andrew Halls, senior lecturer at King's College London, said that the Internet and social media are today the factors that make students feel like the "inadequate star of the second plan in the biographical film".

Jo Heywood, head teacher at the independent day school for girls Heathfield, supported that view, saying that "social media is a great thing, but also very dangerous".

In the school girls under the age of 13 are not permitted to use mobile phones with Internet access. So the user Heathfield attempts to control student access to the sites, the content of which contribute to the development of the propensity to anorexia in adolescents (sites of "pro-anorexia", or the so-called "pro-ana").

Source: Heathfield.

Lectures for parents, focused on Twitter, Snapchat and Instagram, have also been proposed by the school in an attempt to educate and enlighten parents. This is very important because in most cases, not schools, and that parents unintentionally provoke the development of perfectionism in a child.

"One day in my office sitting parents who told me that want their daughter went to Cambridge to study architecture, says MS Heywood. - And I turned to him and said, "Fine. But what he wants is your daughter?".

Speaking to the Telegraph, Helen Fraser, Executive Director of the Association of independent schools in the UK Girl's Day School Trust (GDST), said that the initiative of the Oxford high school is just one of the few ways that prepare girls for life after training.

Source: Girl's Day School Trust.

"Learn to accept failure and develop resilience is that we encourage all schools for girls GDST, says Helen. Perfection is impossible to achieve, but the attitude that allows you to cope with all that life brings us is something we can aspire".

It seems very wise. Because even if we are not talking about clinical cases, when perfectionism has led to depression or anorexia caused by the mismatch itself, and imaginary standards, constant desire to bring everything to perfection restricts, impoverishes and causes the person forgot to rejoice. Life is diverse, fluid, flexible. Therefore, to approach her with the line "all or nothing" at least disrespectful.

Source: Flickr.com

Another question – what methods are most effective in combating this problem. Yes, the initiatives of the British school. But if you dig deep enough, it will become clear that they are only partly solve the problem, or even soften it. After all, in the same study, Volkovoy S. V., and Tatler in data can be traced to a clear conclusion: a huge role in shaping children's perfectionism perfectionism plays adults that leads to bringing a child tough requirements and excessive criticism. The result is a vicious circle: parents set very high standards, raise a family, which also stand for the post of "guardian of excellence". So the first thing to start with in order to tell an adult about this phenomenon and give them a simple but incredibly effective tip: "often praise the child".

The source: Telegraph, Cyberleninka.