Aow#3 Written Reflection

**Directions:** After reading both “Do Our Kids Get Off Too Easy?” by Alfie Kohn and “Does Suffering Make Us Stronger and Lead to Success?” by Michael Gonchar, respond to the following questions on a separate sheet of paper. Think deeply over each question, use complete sentences, and practice varying sentence structure by including complex and compound-complex sentences in your answers.

**Avoid using first person.**

1. Does experiencing frustration and defeat help us develop grit? Does suffering make us stronger and eventually lead to success?

2. How do children develop unconditional self-esteem: “a solid core of belief in yourself, an abiding sense that you’re competent and worthwhile — even when you screw up or fall short”? What can parents, teachers and coaches do to help young people believe in themselves?

3. [Does our society give children too many trophies?](http://learning.blogs.nytimes.com/2013/09/26/do-we-give-children-too-many-trophies/) Or do you think participation trophies are a good way to boost children’s self-confidence? Why?