

CHALLENGE

SUCCESS

Strategies for Student Well-Being & Engagement With Learning

At Challenge Success, we believe that our society has become too focused on grades, test scores, and performance, leaving little time for kids to develop the necessary skills to become resilient, ethical, and motivated learners.

We partner with schools, families, and communities to embrace a broad definition of success and to implement research-based strategies that promote student well-being and engagement with learning. After all, success is measured over the course of a lifetime, not at the end of a semester.

Help Keep Our Kids in Balance



Get Your
School Involved





Check Out Our
Parent Education



Take a Look at
Our Research

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Challenge Success is an independent, non-profit organization affiliated with the Stanford Graduate School of Education.

TIPS TO HELP YOUR CHILD THRIVE

PROTECT PLAYTIME, DOWNTIME, AND FAMILY TIME (PDF)

Avoid overscheduling. Children of all ages need restorative time to reflect and dream, and families need time to connect and build lasting bonds. Research shows PDF is critical for children's well-being.

EMPHASIZE LEARNING, NOT GRADES

Pressure to achieve only high grades can lead to cheating, physical and emotional challenges, and other risky behaviors.

CHOOSE YOUR WORDS CAREFULLY

If the first question you ask your child after school is "How'd you do on the test?" you are sending a message about your priorities. Instead, ask "How was your day?"

LET CHILDREN DO THEIR OWN WORK

Resist the urge to complete or correct homework. When you step in, it can actually undermine learning and confidence.

PRIORITIZE SLEEP

An extra hour of sleep is more valuable than an extra hour of studying. Sleep deprivation can be associated with depression and anxiety and can interfere with learning and engagement in school.

CREATE TECHNOLOGY-FREE SPACES

When media devices are moved out of the bedroom, children sleep better and are more efficient with homework. Unplug during mealtimes and other family activities.

CHALLENGE SUCCESS

Resist society's narrow definition of success and embrace your child's unique interests and strengths. Don't allow concerns about college admissions to dictate your child's choices in and out of school.