

How to Cultivate Teenagers' Perseverance

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Abstract: At present, teenagers lack of perseverance, because one-child policy leads the parents spoil their little emperor, the open and reform policy bring them rich material surrounding, the traditional idea of benevolence going downstream makes the elders unwilling let their children suffering hardship, the teenagers' parents have the flaunting mentality to show off. The solving way lies in the parents' changing their minds, letting their children grow in the experience freely, taking effective measures to cultivate children's active spirit and optimistic and upward mentality.

At present, the whole society has to be faced with such an awkward problem that the recession of Chinese teenagers' perseverance is quite obvious. Whenever students take part in perseverance projects, such sports as long-distance running, or some intellectual projects such as endorsement for half an hour every day, they cannot endure and complain incessantly. However, perseverance is the core quality of students' learning progress and life success. As the saying goes, "Where there is a will, there is a way." Su Dongpo in Song Dynasty also said, "Ancient people who have made great achievements must not only be talented beyond the world, but also have perseverance."

Then the three questions have to be answered: what is perseverance? Why does the teenagers' perseverance decline? How to solve the problem? Let's slowly addresses the three issues.

1. What Is Perseverance

Perseverance is a strong and lasting willpower. Willpower is a quantitative expression of the mental state of conscious effort in order to achieve the established goal. There are four ideological cores of willpower: clear goal, conscious and voluntary, self-control and diligent, long-term perseverance, the central idea of which is long-term perseverance.

Why to persist? Achieve the clear goals; how to persist? Strive for progresses. How to guarantee? Be conscious and willing. If a person can do these things in any way, he can win forever. However, at present, teenagers in reality generally lack perseverance. Many employers evaluate contemporary college graduates, lack of independence and self-control, not firm and quite indecisive.

2. Why Does The Teenagers' Perseverance Decline

People cannot help asking: why do children at present lack perseverance? In my opinion, the reasons can be attributed to the following points:

Firstly, since the implementation of the one-child policy, parents and grandparents of all families have held their children as "a pearl in the palm" or "a little emperor", who do not let them work, do not let them wash clothes, dishes, sweep the floor, beds, and clean up their study and daily necessities. The spoiled environment has fostered the dependence of children;

Secondly, the reform and opening-up policy has greatly improved the material living conditions for the parents not to allow children to endure hardships, and teenagers have become a happy generation. When they feel that there is no need to fight for life, why do they have to endure hardship?

Thirdly, because of the traditional idea of benevolence going downstream, the fathers' suffering experience makes them believe that: their generation has been scared of suffering for long time, so in any way, they are not willing to allow the next generation suffer it once again. Because of the

historical shadow and the arranged substitution psychology, they have taken away the opportunity that their children should have been trained.

Fourthly, the teenagers' parents have the flaunting mentality to show off. In the eyes of others, it proves that they have the ability to let their children not suffer hardships, living a happy life. Children also believe that it is natural for them to enjoy the fruits of their parents. It's the capital and the glory for the second generation born with a silver spoon in his mouth to have the old bites. Perhaps there are various reasons, the results are the same: children grow up in honey pots. It's to say, their growth is essentially the training process of a weak will under parents' protection. But this is the so-called a fiery steed is not trained in a courtyard, nor does a pine grow sturdy in a greenhouse. When children grow up, they are afraid of hardship and lack of willpower and perseverance. At this point, parents are worried; children feel inferior; units feel disappointment; society criticizes; experts call for action. As a result, "how to strengthen the perseverance of young people" has become the voice of all circles.

3. How To Solve The Problem

Then question is: how to strengthen youths' perseverance?

First of all, thought is the forerunner of action. We should take advantage of every opportunity to let teenagers know the importance of the perseverance. At the same time, parents should change their minds and not be afraid to let their children suffer hardships. Although Chinese people often say that "A loss is a blessing ", if it is really their turn, they are unwilling to suffer hardships, more reluctant to suffer losses. Chinese people often say "a rich family cannot maintain rich for more than three generations." and "a poor family cannot maintain poor for three generations". Because after being rich, the rich begin to lead a luxurious and dissipated life. The first generation is rich; the second generation begins to be arrogant; the third generation comes to an end. On the contrary, if the first generation is poor, the second generation is more diligent; the third generation is sure to be rich. From rich to poor, from poor to rich, there is neither permanent wealth nor permanent poverty. Between the rich and the poor, there are so many cycles that there are few rich surnames for hundreds of years and few poor families for hundreds of years in China. These two kinds of situations show that the Chinese people have a constantly changing spirit, but they also contain genes that lack of perseverance. In contrast, in the West, some families, which have lasted for hundreds of years, can still remain affluent, because for every generation of new people, they emphasize labor education, and cultivate the idea that "wealth is the return of labor, the product of perseverance, Hard-earned, and it is shameful to get something for nothing". Any family, even richer, tries every means to temper the willpower of the children. After 18 years of age, children are grown up, allowing them to earn their living independently. Let them know that their parents' wealth is their parents', not theirs. They must be self reliant. The elders who bring up the next generation must have the determination and courage to dare and be willing to let the children experience hardship and temper their will.

Secondly, let children grow in experience freely. From family education to school education, and then to the whole society, we should create an environment for young people to grow up and exercise their willpower, and provide them with opportunities to hone their perseverance at any time, so as to cultivate their pioneering will and the spirit of struggle with hardship and fatigue. Don't force children to sit in their seats during class to avoid injuries. Don't be afraid to drown or drink some water to keep them away from the swimming pool. Don't be afraid that the fields are full of danger and let children live in warm classrooms every day. Don't be afraid of their losses and not let them participate in volunteer work or volunteer activities. In short, we must let go, let the children live naturally and grow freely. And with the growth of age, students' endurance is increasing, more importantly, in the real environment, let them learn by doing, experience and understand themselves, hone their frustration endurance, and improve their EQ and financial quotient while developing their mind and creativity.

Finally, parents and teachers should take effective measures. To cultivate children's active spirit and optimistic and upward mentality; to set feasible learning goals in the near future, the medium

term and the long term, and to start with small things and put them into action; to set a real example around them, and urge them to persevere in comparison and learning; to resist weakness, laziness and all kinds of temptations; to cultivate children's interests and Hobbies in many aspects; to practice limited frustration training, while providing emotional release channels, and carrying out necessary ideological guidance and encouraging well-known words; to nurture the children's neat and orderly living habits from the daily details, self-reliance and self-discipline of independent personality, and vigorous and effective style of handling affairs; to praise, encourage or praise children timely, and to let them experience and share the pleasure and joy of success. For example, in the first period of my every course, I will solve the problem of students' understanding of perseverance theoretically. At the same time, students are required to insist on taking notes and writing after-class comprehension and thoughts. Students are required to finish today's exercises, not to put off till tomorrow, persisting every day, and gradually students' perseverance are cultivated through such activities. Students are encouraged to complete one thing some time, such as painting a picture in class, not being left after class, so as to cultivate students' sense of achievement and strengthen their perseverance.

The cultivation of perseverance cannot be achieved overnight, but it is also not unpredictable and cannot be governed. Just as Immanuel Kant said: "Man is the only animal that needs education." We should give the teenagers time and education. Now that man can be and need be educated, what can we not do if we insist?

4. Conclusions

Through the author's own experiment in teaching, the methods mentioned above are feasible, which greatly promotes the improvement of students' perseverance. After solving the ideological and cognitive problems, as long as we design effective ways to let teenagers grow up through experience, we will surely enhance students' perseverance and confidence.

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