The Self-Motivated Boy: Developing 21st Century Leaders

Dr. Shimi Kang MD
Clinical Associate Professor: UBC
Medical Director: Child & Youth Mental Health, Vancouver Coastal Health
#1 Bestselling Author: The Dolphin Way, The Dolphin Parent, The Self-Motivated Kid
Mom: Three fantastic/exhausting children!
www.drshimikang.com
What is the diagnosis?
What skills = 21st Century success?
How do we develop them?
Innovation
Leadership
Wellness
Key 21st Century Skills

Communication
Collaboration
Critical Thinking
Creativity
Contribution

Adaptation = CQ

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CQ Crisis - Creativity

Creative thinking has declined in kids.
Largest drop K- Gr. 3, then Gr. 4-6

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CQ Crisis – Critical Thinking

Students are loosing their ability to critically think due to the structured “question – answer” curriculum
Children's face to face communication has declined
Leads to a loss of the social skills, the ability to read facial emotions, and sensitivity to emotional cues.

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Children who don’t experience working as a team or with others will not gain skills such as cooperation, social competency, and negotiation.
We are all “consumers.” Are we guiding children to give back as much as they consume? Are they contributing without expectation for return?
21\textsuperscript{st} Century is the Conceptual Era

ERA of CQ

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How do we develop leadership in innovation?
THE DOLPHIN WAY
DR. SHIMI KANG M.D.
PREScriptions FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: Humans

DATE: NOW!

Rx

Play!

REPEAT: NO ☐ YES ☑ QTY. Always

PHYSICIAN'S NAME: Dr. Shimi Kang

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Play = Innovation!

FOR: All Humans
DATE: NOW!

Rx

Play

Let go of perfectionism ✓ Critical Thinking ✓
Mistakes ✓ Innovate ✓
Trial and Error ✓ CQ ✓

REPEAT: NO ☐ YES ☑ QTY: _____

PHYSICIAN'S NAME: Dr. Shimi Kang

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How do we develop social leadership?
THE DOLPHIN WAY
DR. SHIMI KANG M.D.
PREScriptions for SMART, HAPPY, and STRONG PEOPLE

FOR: Humans

DATE: NOW!

R

Others

REPEAT: NO YES

QTY: Always

PHYSICIAN'S NAME: Dr. Shimi Kang

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Contribute to Others

REPEAT: NO ☐ YES ☑ QTY: Always

PHYSICIAN'S NAME: Dr. Shim Kang
OTHERS = LEADERSHIP!

FOR: All Humans

DATE: NOW!

Others

Communication ✓ Community ✓
Collaboration ✓ CQ ✓
Contribution ✓

REPEAT: NO ✓ YES □

QTY.

PHYSICIAN’S NAME: Dr. Shimi Kang

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The Dolphin Way
Dr. Shimi Kang M.D.

Prescriptions for Smart, Happy, and Strong People

FOR: Humans

DATE: NOW!

Rx

Be a Dolphin!

Repeat: No [ ] Yes [x] Qty: Always
Physician’s Name: Dr. Shimi Kang

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How do we develop leadership in wellness?
**Downtime**

For:  **Humans**

Date:  **NOW!**

Rx

Repeat:  **Yes**

Qty:  **Always**

Physician's Name:  **Dr. Shimi Kang**
Downtime = Vitality!

FOR: All Humans
DATE: NOW!

Rx
Downtime

Focus/Attention ✓ Creativity ✓
Motivation ✓ Moral Compass ✓
Problem Solving ✓ CQ ✓
Productivity ✓

REPEAT: NO □ YES ✓ QTY. ______

PHYSICIAN'S NAME: Dr. Shimi Kang
The Self-Motivated Boy

FOR: All Humans
DATE: NOW!

Rx
21st Century Leadership!
Innovation ✓
Collaboration ✓
Wellness ✓

REPEAT: NO ☐ YES ☑ QTY.

PHYSICIAN'S NAME: Dr. Shimi Kang
21\textsuperscript{st} Century Disruption

https://professionals.collegeboard.com/testing/sat-reasoning/prep/essay-prompts
Thank you!

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