

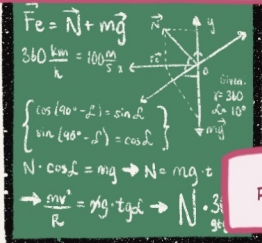
OTHER MAJORS?



HA HA HA HA HA HA HA HA HA HA
 HA HA HA HA HA HA HA HA HA HA
 INTERNATIONAL RELATIONS?!
 ISN'T THAT ONE OF THOSE MAJORS LIKE POLITICAL SCIENCE OR ART HISTORY—

NO, DAD, IT'S MORE THAN THAT—

IT'S SIMILAR TO HOW YOU WORK ON CONCRETE THINGS LIKE PHYSICS AND MATHEMATICS AS AN ENGINEER.



THINK OF IT THIS WAY— INSTEAD OF ENGINEERING AN AIRPLANE TO FLY, INTERNATIONAL RELATIONS IS LIKE GETTING THE FLIGHT CREW TO WORK TOGETHER TO COMPLETE A FLIGHT.

ECONOMICS
 POLITICS
 LAW

INTERNATIONAL RELATIONS IS MADE OF CONCRETE THINGS LIKE ECONOMICS, POLITICS, AND LAW, AND IT COMBINES THEM TO GET COUNTRIES TO WORK TOGETHER.



TEACHING POINT #1 (TO STUDENT): "USING 'MENTALIZATION' IN COMMUNICATION"
 WHEN TRYING TO EXPLAIN A MAJOR THAT YOUR PARENTS DO NOT UNDERSTAND, MAKE ANALOGIES THAT YOUR PARENTS CAN UNDERSTAND, USING EXPERIENCES THAT THEY ARE FAMILIAR WITH!



OTHER MAJORS?

"YOU'RE ALWAYS BRINGING UP YOUR SISTER."

"SHE'S ALWAYS DOING BETTER THAN ME."

"WHY ARE YOU ALWAYS COMPARING ME TO HER?"

"I'M SORRY IF I MAKE YOU FEEL THIS WAY. IT'S JUST THAT—YOUR SISTER IS VERY SUCCESSFUL AND RICH..."

"WORLD HEALTH ORGANIZATION"

"I DON'T NEED TO BE LIKE MY SISTER."

Google

WHY ARE YOU ALWAYS COMPARING ME TO HER?

THAT'S NOT FAIR, BECAUSE WE'RE DIFFERENT PEOPLE.

I'M SORRY IF I MAKE YOU FEEL THIS WAY.

IT'S JUST THAT—YOUR SISTER IS VERY SUCCESSFUL AND RICH...

SINCE I DON'T KNOW MANY SUCCESSFUL PEOPLE IN THIS COUNTRY, I ALWAYS BRING UP YOUR SISTER, BECAUSE SHE IS A VERY GOOD MODEL FOR YOU TO LOOK UP TO.

I UNDERSTAND YOU WANT ME TO BE SUCCESSFUL.

BUT I DON'T NEED TO DO TECH OR HAVE TONS OF MONEY TO SUCCEED.

I DON'T NEED TO BE LIKE MY SISTER.

TEACHING POINT #2 (TO PARENT): "USING 'MENTALIZATION' FOR PARENTAL SUPPORT"

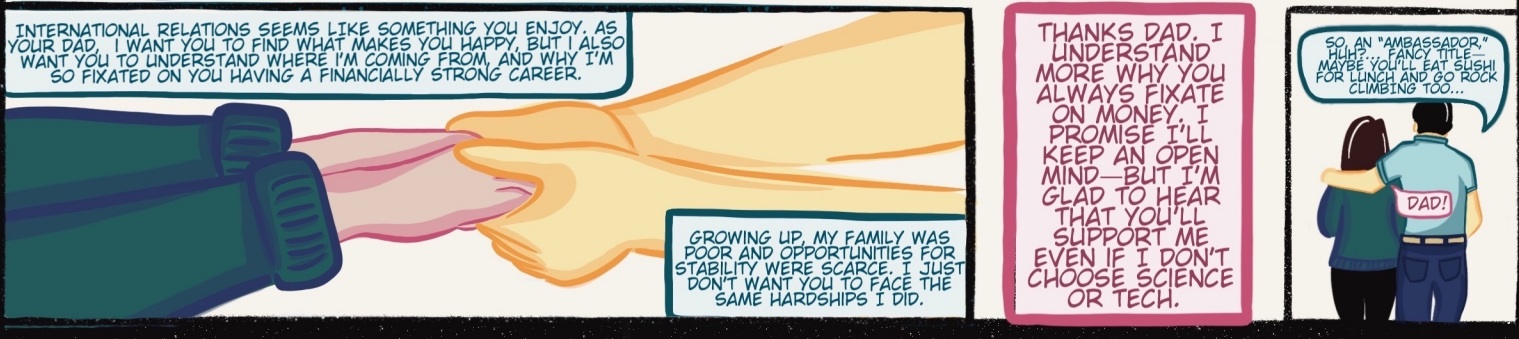
YOUR CHILD FEELS LIKE SHE IS BEING COMPARED TO HER SISTER, BUT FROM YOUR PERSPECTIVE, YOU MAY JUST WANT TO SHOW HER WHAT YOU THINK IS THE BEST PATH TO SUCCESS. IT MAY FEEL NATURAL TO COMPARE YOUR CHILD AGAINST OTHERS IF THERE ARE NO DIVERSE EXAMPLES OF SUCCESS. HOWEVER, HOW WOULD YOU FEEL IF YOU WERE CONSTANTLY BEING COMPARED TO YOUR COWORKERS BY YOUR BOSS?

OTHER MAJORS?



TEACHING POINT #3 (TO PARENT): "USING 'MENTALIZATION' TO BE NON-JUDGMENTAL"

IT WILL HELP YOUR CHILD TO UNDERSTAND YOUR PRIORITIES (I.E. STABILITY AND STATUS) IF YOU EXPLAIN WHY THEY ARE PRIORITIES. THIS CREATES A DISCUSSION WITH YOUR CHILD, INSTEAD OF A LECTURE. SHOWING EXCITEMENT IN LISTENING TO YOUR CHILD'S OPINIONS WILL ALSO HELP THEM FEEL LIKE YOUR EQUAL. AS A RESULT, YOUR CHILD IS MORE LIKELY TO LISTEN TO YOU AND INVOLVE YOU IN THEIR DECISION-MAKING PROCESS. YOUR GOAL IS NOT TO CHANGE YOUR CHILD'S MIND, BUT TO HELP THEM STAY OPEN-MINDED AND PROVIDE SUPPORT WHILE THEY NAVIGATE THIS JOURNEY.



FOR MORE INFORMATION, SEE OUR "SUPPORTING ASIAN AMERICAN YOUTH IN ACADEMIC AND CAREER DECISION-MAKING: COMMUNICATION TIPS FOR PARENTS" RESOURCE SHEET AT WWW.TALKHGSE.ORG AND WWW.MGHSTUDENTWELLNESS.ORG/