

Spring 2014

Project 1, 2, 3, Go! Post



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Wrapping up our 5th round of visits

We've watched your children grow! In this year's visit, we raised the bar on some of the self-control tasks, and the Project 1,2, 3, Go! kids were right up at that bar!

At this stage in development, called "middle childhood," children start using their self-control and problem solving skills more and more independently. They show us wonderful insights about coping with tough situations, and they become increasingly sensitive to cues from people and contexts around them.

This is sometimes considered the stage of "industriousness." Children start learning about working hard at school, at sports or music or other hobbies, and they can be asked to do more and more to help out at home.

However, this stage is not all rosy. We can also see an increase in "talking back" and "sassing," and sometimes even defiance. Our children are trying to figure out how to assert their preferences and what they can do independently. The challenge for parents is helping them to do that in ways that are acceptable in your family.

Even with all that growing independence, they are still young enough to treasure spending time with their parents and family, enjoy holding their parents hands and cuddling, being read to, and they still might want to play fantasy or imagination games. These are all important bridges to the next stage, preadolescence, and they are opportunities to learn valuable skills for cooperating with others, taking other perspectives into account, working through disagreements or conflicts, standing by one's thoughts or opinions, and taking pride in hard work and effort.

We can't wait to see them at the next stage!

If you haven't had a chance to see us yet, it's not too late!

We're scheduling until the end of May and would love to see your family again. Please give Kristina a call at 206-221-1583 or e-mail her at go123@uw.edu



What is next for the Go! Team?

Since November 2013, we've had 14 different research assistants (RA's) work directly with the families of Project 1, 2, 3, Go! Here's a look at the current RAs and what they plan to do next.



Andie

RA since Fall 2010

- Graduated from UW
- Also works on a project that aims to improve well-being outcomes for children in out of home and foster care



Emily

RA since Spring 2010

- Graduated from UW
- Also works in the UW School of Social Work and is planning on applying to grad school soon



Diego

RA since Fall 2010

- Senior at UW (Psych)
- Graduating in June and will begin looking for a job, preferably with a non-profit working to improve education and school safety



Cathea

RA since Fall 2010

- Graduated from UW
- Will continue working at her current job as a medical consultant



Elizabeth

Previously on GO coding team

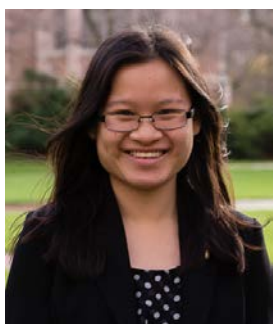
- Graduated from UW
- Planning on applying to grad school for clinical psychology



Adrienne

Previously on GO coding team

- Graduated from UW
- Planning on going to grad school for clinical psychology



Juliana

RA since Fall 2013

- Senior at UW (Psych and Finance)
- Graduating in June and will return home to Hong Kong to look for jobs as a management consultant



Ashley

RA since Fall 2013

- Senior at UW (Psych)
- Plans to do an internship over the summer with a law firm and study for the LSAT
- Will graduate next Spring.

Life After GO! Continued



Kavitha

RA since Fall 2013

- Senior at UW (Psych and Neurobiology)
- Graduating in June and deciding between medical or grad school, but definitely wants to work with children



Giselle

RA since Fall 2013

- Senior at UW (Psych)
- Plans to take a year off before applying to grad school and will look for a part time job and more research experience



Vikki

RA since Fall 2013

- Senior at UW (Psych and Nursing)
- Graduating in June and beginning an ABSN program at UW's School of Nursing to become a nurse



Daniel

RA since Fall 2013

- Senior at UW (Psych)
- Graduating in June and plans to apply to Law school



Josephine

RA since Fall 2013

- Junior at UW (Psych)
- Plans to finish her degree and is currently looking for summer internships, job opportunities, and volunteer work



Alena

RA since Fall 2013

- Junior at UW (Psych)
- Plans to finish her degree then travel for a year before beginning grad school for psychology

Favorite Stories

"During the card sort task, we repeat the same directions many times. One boy got especially frustrated and covered his ears with his hands while asking me if I could just stop being so annoying!"

"My first kid was super sweet, and was extremely patient with me. I was particularly touched when she picked a prize not for herself, but for her baby brother."

"I was discussing the "spider task" with one of our participants, and when I incorrectly referred to the spider as an "insect," he proceeded to teach me the difference between "insects" and "arachnids," including the definition of thorax. I was pretty impressed."

"I worked with a child who, during Simon Says, could not stop smiling at the fact that I kept doing all the commands that didn't start with 'Simon Says'."



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Fun Activities for Spring and Summer!

Seward Park Day of service seattle.cedar.greencitypartnerships.org

Seward Park Audubon Center 5902 Lake Washington Blvd. S. Seattle, 98118

- Saturday May 17th 10am - 2pm
- Families are invited to come help restore health in one of the oldest forests in Seattle
 - Gloves, tools, coffee and snacks will be provided (pre-registration required)

Cast off! Free public sailing www.atlakeunionpark.org

Center for Wooden Boats 1010 Valley St. Seattle, 98109 (206-382-2628)

- Sunday June 29th 10am - 4pm
- The Cast Off program allows visitors the chance to sail in classic boats
- Before and after your sail, take a walk on the docks and watch volunteer crews rigging the boats

Chocolate: The Exhibition <http://www.mohai.org/>

Museum of History and Industry (MOHAI): 860 Terry Avenue N Seattle, 98109 (206-324-1126)

- June 14 to September 28, 2014
- Children ages 14 and under are free with a paying adult
- Explore the plant, the products and the culture of chocolate through the lenses of science, history and popular culture