

## NEWS FROM MICHAEL BERNARD August 2024

### *Hello*

Many of our Gen Z students (ages 11+) say they could do much better in school (63% in primary school and 70% in secondary school - ACER SEWB Survey). These students are what we call underachievers—they're not achieving their full potential. This is a bit surprising because most of them actually want to do their best.



Underachievers can be found in students of all ages. They often share common traits like procrastination, low self-belief, poor emotional regulation, and perfectionism.

Many also have negative attitudes about school that hold them back ([check out the article below for more](#)).

To become competent and successful learners, students need positive attitudes and learning behaviours. These don't just appear with age—they need to be taught and nurtured through school culture, peer modelling, and direct instruction.

We've just launched a new online program called "[Strengthening Attitudes and Behaviours for Learning](#)" It offers a wide variety of highly effective activities for students who, for different reasons, have not acquired the attitudes and behaviours needed to be competent and engaged learners. Students can self-assess to identify their needs. You will then be able to provide targeted activities.

Also, mark your calendars! I'm hosting a free webinar on "[Academic Procrastination: How to Motivate Underachieving Students](#)" next Thursday, August 15th, from 4 to 5.30 p.m. (AEST). I hope to see you there!

ONWARDS!

**Michael E. Bernard, PhD**  
Founder, YCDI! Education  
Emeritus Professor, California State University  
Former Professor, University of Melbourne  
Doctorate, Education Psychology

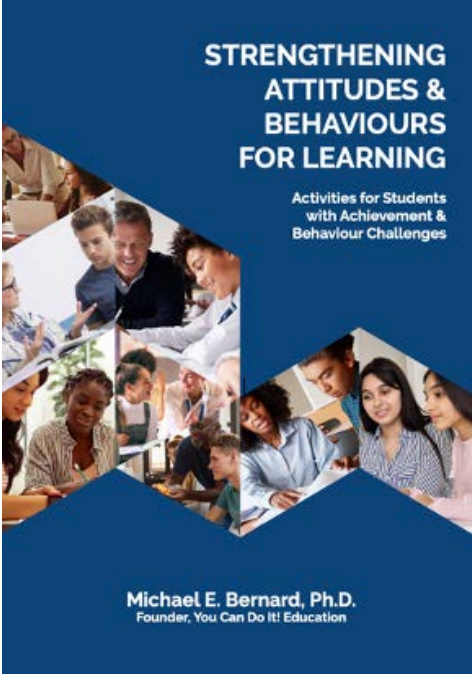
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**The Many Different Faces of Underachieving  
Students. Misguided Beliefs**



Underachievers are a diverse group, each with unique patterns of behaviours and beliefs that hold them back. These students don't fit into a single mould, but they often share certain misconceptions that contribute to their struggles. Understanding these varied patterns can help us better support each student's needs.

## READ THE ARTICLE



**STRENGTHENING  
ATTITUDES &  
BEHAVIOURS  
FOR LEARNING**

Activities for Students  
with Achievement &  
Behaviour Challenges

**Michael E. Bernard, Ph.D.**  
Founder, You Can Do It! Education

**AVAILABLE NOW**

**NEW ONLINE PROGRAM**

Developed to provide student support staff (tutors, counsellors, special educators, teachers and teacher aids, education assistants, and behaviour management specialists) with practical activities they can present to individual and small groups of students so that they develop the attitudes and behaviours for learning needed to engage in classroom learning and homework to achieve their personal best.

## READ MORE ABOUT OUR NEW ONLINE PROGRAM

## **FREE** PROFESSIONAL DEVELOPMENT WEBINAR



## ACADEMIC PROCRASTINATION HOW TO MOTIVATE UNDERACHIEVING STUDENTS

Presented by Dr Michael E. Bernard  
Founder of You Can Do It! Education

This webinar will assist attendees in becoming more aware of the detrimental effects of the pandemic on low frustration tolerance (LFT) on the procrastination, achievement and wellbeing of young people today.

### WEBINAR DETAILS



Thursday, 15 August 2024



4.00 - 5.30pm (AEST)

[VIEW FURTHER DETAILS AND REGISTER](#)

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# That's a wrap

Feel free to communicate with me ([michaelebernard@gmail.com](mailto:michaelebernard@gmail.com)) about what's happening at your school with YCDI! including photos and success stories - and difficulties too!

## Michael

Thank you for being part of the YCDI! community. If you know someone who will also enjoy this newsletter, please share an invitation to [subscribe here](#).

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Have DR MICHAEL BERNARD present your next school's professional learning session. For more information, please contact:  
**1800 155 603** or [enquiries@youcandoiteducation.com.au](mailto:enquiries@youcandoiteducation.com.au)

Have questions? Get in touch

[enquiries@youcandoiteducation.com.au](mailto:enquiries@youcandoiteducation.com.au)

Toll-Free 1800 155 603



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