

WHAT:

Resilience is the process of adapting well in the face of adversity, trauma, threat of significant sources of stress - such as family and relationship problems, serious health problems or workplace and financial stressors. (American Psychological Association)

CHARACTERISTICS OF RESILIENT PEOPLE

The ability to set goals

Close and secure attachment to others

A sense of self-efficacy and perceived control



The ability to express gratitude and appreciation

Good self-awareness and emotional management

Adaptable

WHY:

Greater resilience leads to the following:

- ✓ Improved outcomes in learning and academic achievement
- ✓ Lower absences from school due to sickness
- ✓ Reduced risk-taking behaviors including excessive drinking, smoking, and use of drugs
- ✓ Stronger and better able to cope with life's problems

HOW:

How can schools build resilience in students?



- Change in mindset - Deficit based thinking to strength based thinking
- Help students build their belief that results in perseverance
- Helping them feel a part of the academic community
- Helping them see their skills grow with effort
- Helping to facilitate success with academic tasks
- Helping them understand the value of the work
- Collective efforts amongst Family, Staff and Community

Everyday strategies that help build resilience:



Develop positive self-concept



Develop positive self-image



Stress Management



Develop self compassion