Resiliency

Improving School Climate to Support Student Achievement

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Resiliency

"Resiliency can be defined as the capability to spring back, rebound, successfully adapt in the face of adversity, and develop social and academic competence despite ***exposure to severe stress…or simply the stress of today's world."***

Nan Henderson / Mike Milstein



Resiliency Factors

In your small table groups, sort the provided cards:

Does the card represent a **Skill, Opportunity or Support** that has been shown to help youth thrive in spite of life's challenges?

YES or NO

"resiliency"



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Resiliency: Protective Factors

1. Careers (hopes and dreams for the future)
2. Hobbies and interests
3. Life Skills (responsibility, decision-making, etc.)
4. Making Connections and Being Mentored
5. Participation at School, Church and Community
6. Problem-Solving and Information Skills
7. Reading
8. Social Skills
9. Taking Care of others and Volunteering



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The Research Says…

When we look at the original research on resiliency in youth, **70%*** of the young people named one of the listed factors as the most important factor in helping them deal with life's challenges and thrive in spite of these challenges.

A ***huge*** number in research terms

Which factor of these 9 was it?



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We are not born with resiliency factors…they get built over time



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Our Factors

As a small group, ***rank*** the resiliency factors 1 to 9:

1 - the factor that schools typically do the ***best*** job in teaching & providing opportunities for, to

9 – the factor that schools typically have the ***most challenges*** in teaching & providing opportunities for



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