

Infographic Module 6: Resilience

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)

Use this graphic idea:



Characteristics of Resilient People (Could you find a student and all around him/her these are highlighted? Remember to be culturally responsive in selecting pictures.)

- The ability to set goals
- Close and secure attachment to others
- A sense of self-efficacy and perceived control
- Good self-awareness and emotional management
- The ability to express gratitude and appreciation
- 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? (a graphic of students happy and engaged in a classroom)

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

← Depict highlighted words with word and image (example below)

EXAMPLE Infographics: <https://twitter.com/ijukes/status/934419667464146945>