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

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