

What does it mean to be resilient?

(of a substance or object) able to recoil or spring back into shape after bending, stretching, or being compressed:

Is a person resilient?

This depends on how that person responds and copes when things don't go to plan – when they are put under pressure or don't get their own way.

In school we see lots of examples of a LACK of resilience.

What does that look like?

We see a lot of this



We would NOT give you that advice.

- Are you saying this to yourself?
- What would we advise?

Don't give up – if at first you don't
succeed – try, try, try again!

Too often, we see this



IF AT FIRST
YOU DON'T
SUCCEED
LOWER YOUR
STANDARDS.

We would NOT give you that advice.

- Are you saying this to yourself?
- What would we advise?

Refuse to accept anything less than your
BEST – do not lower your standards
because it turns out to be tough!

We see this



We would NOT give you that advice.

- Are you saying this to yourself?
- What would we advise?

Take responsibility for your own choices
and actions – others are NOT to blame
for things being hard!

And we see this

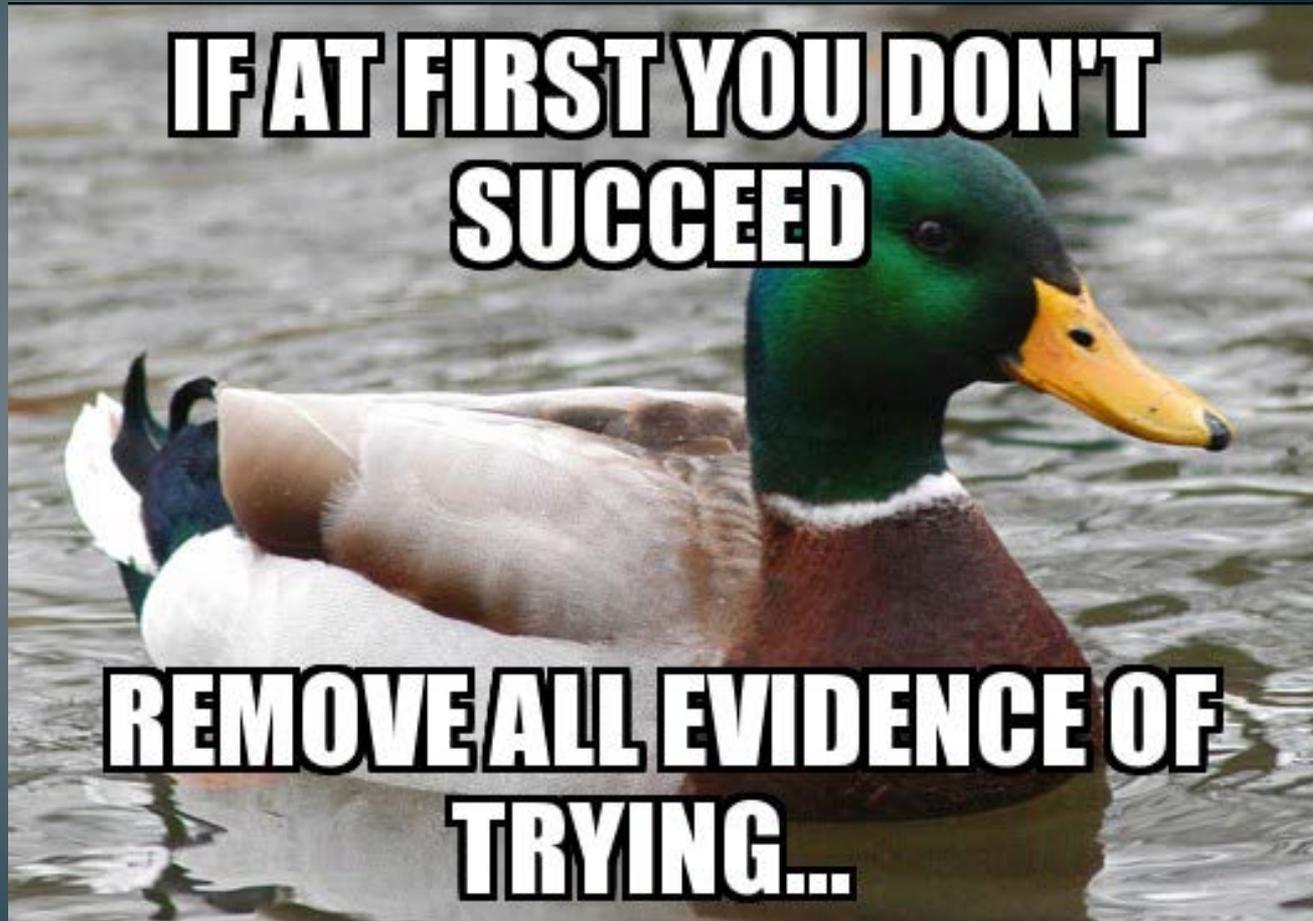


We would NOT give you that advice.

- Are you saying this to yourself?
- What would we advise?

Do not accept defeat – failure should not be an option you are willing to consider – there is ALWAYS a Plan B.

And this which is really sad



We would NOT give you that advice.

- Are you saying this to yourself?
- What would we advise?

Do not pretend not to try – learn from mistakes – build on failure – do better next time.

What does resilience look like in school?

- Don't give up – keep trying – try, try, try again!
- Refuse to accept anything less than your BEST – do not lower your standards because it turns out to be tough!
- Take responsibility for your own choices and actions – others are NOT to blame for things being hard!
- Do not accept defeat – failure should not be an option you are willing to consider – there is ALWAYS a Plan B.
- Do not pretend not to try – learn from mistakes – build on failure – do better next time.

What helps you to be resilient in school?

- Be wary of what distracts you from learning and learn to **SETTLE BACK DOWN QUICKLY** after an interruption.
- **NOTICE THE THINGS YOU ARE GOOD AT** and use those skills in other areas.
- Don't be put off by difficulties – always try and **FIND WAYS TO OVERCOME** them.
- **KNOW WHAT IT IS LIKE TO BE ENGROSSED** in a task – to be so absorbed that you do not notice that time is passing.
- **FOCUS ON THE POSITIVES** – do not have a pessimistic or negative opinion without good reason.

Success



what people think
it looks like

Success



what it really
looks like