



Are you **mentally**,
physically and
emotionally resilient?

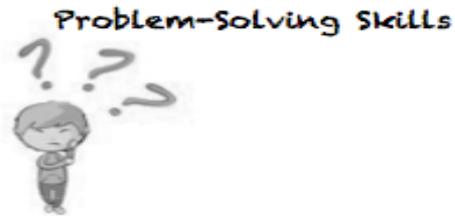
So, what is Resilience?



Resilience is defined as an individual's ability to properly **adapt to stress** and adversity.

Stress and adversity can come in the shape of family or relationship problems, health problems, or workplace and financial worries, among others.

Resilience



Types of resilience at school



Your teachers want you to
be **resilient** in ways other
than just emotional.



In school, **we want you:**

1. to manage your workload
2. to be on time to class; to meet deadlines
3. to concentrate for long periods of time
4. to control your thoughts and emotions
5. to enjoy challenge and problem solving.



Success



what people think
it looks like

Success



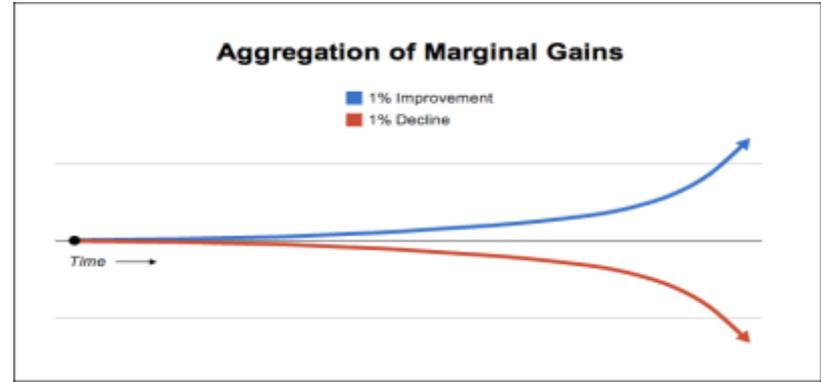
what it really
looks like

The 1%
tolerance

Marginal Gains

“The whole principle came from the idea that if you broke down everything you could think of that goes into riding a bike, and then improved it by 1%, you will get a significant increase when you put them all together.”

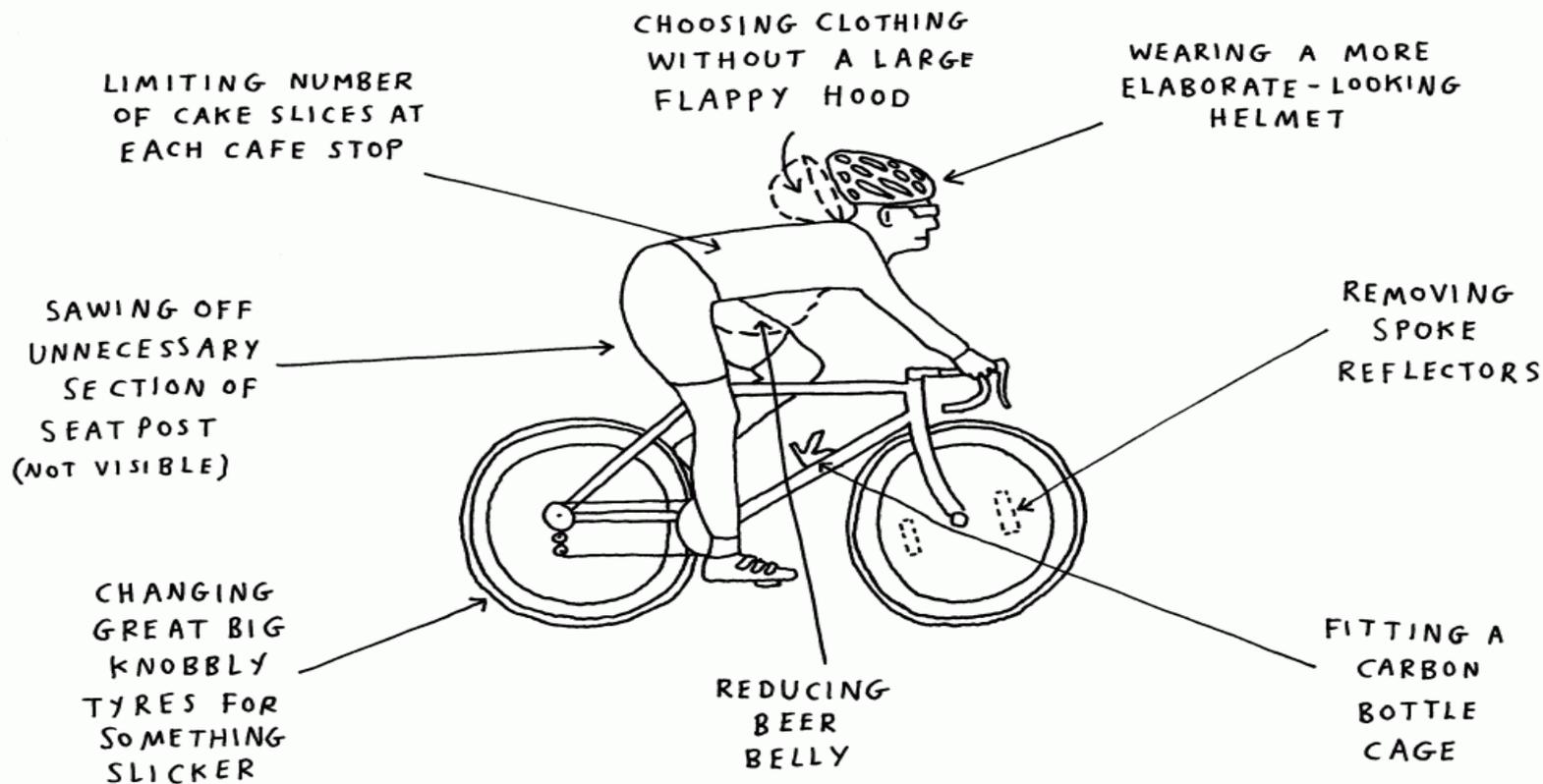
Sir David Brailsford – Team Sky manager



For example - Exams: There are many important aspects to success in exams, most crucially knowledge of the subject, finding the small holes in your knowledge and filling those 1%'s, think of the marginal improvements that could also be driven by analysing past papers (to predict what questions are likely to come up) and of taking into the exam room a water bottle (to sustain hydration), a banana (to sustain blood sugar levels)

MARGINAL GAINS

HOW THE PROFESSIONALS MAKE SMALL CHANGES TO IMPROVE THEIR PERFORMANCE



Examples of Resilience



- **Bill Gates – The Richest man on earth’s first business failed.**

- **Albert Einstein could not speak until he was 4 years old.**



- **Thomas Edison failed over 1000 times before creating the light bulb.**



- **Simon Cowell’s first record label went bust.**

What helps you to be resilient in school?

- Knowing what distracts you from learning and settling quickly after a disruption.
- Noticing the areas of your learning you are good at and using them.
- Not being put off by difficulties and finding ways to overcome them.
- Knowing what it is like to be engrossed in a task, not knowing that time is passing.

Work to the maximum!



Resilience Summary

1. Do not **doubt** yourself and always **have a go**.
2. **Testing** things out will often lead to **better solutions**.
3. Sometimes a **direct approach** is the best solution.
4. **Overcoming a difficulty** and experiencing success is a great feeling.