



Resilience

Definition:

Resilience is the capacity to adapt to situations and circumstances by harnessing our positive attributes and individual strengths. Resilience involves the development of a range of protective factors which enable individuals to spring back from life's experiences, Peer Support Foundation, 2005.

The International Resilience Project identified three factors that contribute to resilience:

- I am
- I can
- I have

Resilience can be developed within students through the recognition of their qualities and strengths (I am), the protective factors already present in their lives (I have) and by providing opportunities to foster a range of skills and coping strategies (I can).

"The development of resilience in young people may be most strongly developed by schools creating structures that promote connectedness and belonging, and learning experiences that build in their students a sense of excitement about learning and a sense of hopefulness and possibility for their future" Andrew Fuller, 2001.

Resilient young people are better placed to take their opportunities and turn them into positive experiences. Resilient students can persist with problems until they find a solution. They are able to set and achieve realistic goals as they have a sense of purpose in their lives and healthy expectations for the future.



Taking Opportunities

This 8 session module supports students to develop the skills, knowledge and attitudes that will enable them to cope more effectively with difficult and challenging experiences.

Taking Opportunities gives students the means by which they can explore the range of support structures and protective factors already present in their lives. It also provides students with the strategies required to develop effective coping mechanisms against life's difficulties.

Taking Opportunities has an underlying philosophy that resilience can be developed in young people through strategies that help them identify their personal strengths and who they can approach for support. Students who learn the skills of humour and perseverance are more likely to be resilient.

Taking Opportunities focuses on developing the following skills:

- planning
- monitoring stress
- resilience
- coping

Aims of *Taking Opportunities*:

- recognise individual strengths and qualities
- acknowledge achievements
- attempt new tasks
- demonstrate perseverance
- use humour appropriately
- develop a range of strategies to cope
- develop resilience
- identify trusted people who can provide support

Session Content:

- having a go
- achieving success
- springing back
- seeking help
- belonging
- coping strategies