Resilience is a conceptual process that moves us beyond coping. It’s a result of thinking optimistically, utilising strategies and viewing challenges as opportunity for growth.

Rethinking Challenges is an educational resource for Secondary schools. The module’s eight peer led sessions have been designed to be implemented by students – for students – as part of The Peer Support Program.

Rethinking Challenges is an eight session peer led module that encourages students to view challenges as opportunities to push the limitations they put on themselves and be open to new possibilities. It allows students to identify their strengths, achievements and support networks.

These factors serve to protect students and assist them in developing a strong sense of self. Students are encouraged not to feel limited by what is identified at a single point in time. They can choose to feel empowered by this information to persevere, achieve and learn.

The module has a strong focus on the influence our thoughts have on the way we view certain experiences. Sometimes the thoughts, feelings and outcomes associated with a past experience can colour the way we continue to view them. Students can choose to adopt ‘Open’ or ‘Limiting’ thoughts.

Open thoughts require students to reframe:

- Strengths and achievements as changeable not static
- Failure as opportunity for improvement not permanent or a mark of worth
- Success as a result of effort not ability

Although no one thinks in an open or limiting way 100% of the time, “…too many limiting thoughts will lead to feelings of hopelessness and helplessness in the face of mounting pressure.” - Yemm, 2012

Rethinking Challenges focuses on developing skills in:

- Perseverance
- Critical thinking
- Optimism
- Communication
- Empathy

What is covered in the eight peer led sessions?

Session 1: Introduction to Resilience
Session 2: Challenges
Session 3: Thoughts and Outcomes
Session 4: Wellbeing
Session 5: Strategies
Session 6: Skills and Strategies
Session 7: Relationships
Session 8: Conclusion

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