

# Focus: Building Resilient Learners

To Radically Improve Student Achievement

Resilience is an individuals' ability to positively adapt to stress or adversity

## WHAT We Teach

1. Self-Regulation
2. Interpersonal Skills
3. Problem Solving

## HOW We Teach

- Step 1:** Clear Learning Objectives  
**Step 2:** Teaching, Modeling, Mentoring  
**Step 3:** Support and Guided Practice  
**Step 4:** Checks for Understanding  
**Step 5:** Providing Specific and Timely Feedback  
**Step 6:** Adjust Instruction  
**Step 7:** Independent Practice

## Classroom Strategies to Reinforce Resilience

- Clarity about Classroom Objectives
- Reinforce Expectations
- Understand Diverse Learning Styles
- Mentor and Build Relationships in the Classroom
- Recognize and Support the Whole Child
- Empower Students to take Ownership of Learning

## Building Strategies to Reinforce Resilience

- Positive Behavior Interventions and Supports (PBIS)
- Growth Mind Set Culture
- SEL Curriculum- i.e. Second Step
- Preventive Interventions– i.e. PAX Good Behavior
- Trauma Informed Classrooms
- Mental Health Awareness
- CPI - Crisis Prevention Institute Training

## How to Encourage Resilience

Kumar's CR8 Model of Resilience



© Mohan Kumar 2014

1. Encourage the development of a positive attitude, self-belief and communication
2. Increase support networks for students
3. Encourage the building of trusting and co-operative relationships between students and adults
4. Increase student's engagement with learning
5. Foster a positive and inclusive philosophy
6. Encourage a sense of fun and engagement
7. Identify and Support Life Skills

### Research Foundations from:

American Psychological Association. (2014). The Road to Resilience. Retrieved from

<http://www.apa.org/helpcenter/road-resilience.aspx>

Goldstein, Sam. multiple publications (2001-2018)

Kumar, Mohan (2014) A Simple Guide to Teaching Resilience

Sagor, R. (1993). At-Risk Students: Reaching and Teaching Them. Swampscott, Mass.: Watersun Press.

Souers, Kristin, Hall, Pete. (2016). Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom