

HOW SCHOOLS CAN FOSTER RESILIENCY

Adversity is a natural part of life. At some point, we all face difficulties, such as family problems, serious illness, widespread disease, a personal crisis, or a painful loss. Being resilient is important to dealing successfully with life's challenges.

WHAT IS RESILIENCY?

Resiliency is the ability to bounce back from setbacks, to learn from failure, to be motivated by challenges, and to believe in one's own ability to handle stress and difficulties.

WHY IS RESILIENCY IMPORTANT?

In order for children and teens to reach their fullest potential, they need to know how to approach life with resilience. Being resilient allows individuals to learn and grow from experiences, and it protects them from the from long-term ill effects of difficult experiences.

FOSTER ACADEMIC SELF-DETERMINATION AND COMPETENCE



- Teach students to acknowledge when a problem exists, discover solutions, and take initiative to solve the problem.
- Support social-emotional learning and give students the opportunity to practice positive emotions, such as optimism, respect, forgiveness, and empathy.
- Help students develop effective study strategies and take responsibility related to their engagement and attendance.
- Teach students to set realistic goals, obtain necessary resources, and practice activities they enjoy.
- Teach skills such as conflict resolution, peer mediation, strategies for standing up to bullies, and violence prevention.

PROVIDE A CARING, SUPPORTIVE LEARNING ENVIRONMENT



- Acknowledge challenges or adversity.
- Promote positive social connections.
- Praise successes and frame failures as learning opportunities.
- Train staff members to reinforce emotional intelligence and avoid judgmental or harsh criticism for failure.
- Encourage volunteerism with a variety of opportunities for students to contribute both on and off campus.
- Recognize systemic issues that affect minoritized youth and work to implement broader systemic strategies to support students.

PROVIDE TARGETED AND INTENSIVE MENTAL HEALTH SUPPORT



- Provide universal interventions for all students.
- Offer targeted and intensive supports, such as group and individual counseling.
- Refer students with more intense needs to outside agencies for more therapeutic experiences.

ENCOURAGE HEALTHY HABITS



- Facilitate stress reduction by incorporating positive stress control strategies, such as meditation, mindfulness, controlled breathing, yoga, and exercise, into school curricula.
- Promote healthy nutrition, adequate sleep, and physical exercise.

For additional guidance, visit
www.nasponline.org/safety-and-crisis

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