

# Resilience and Perseverance

Go For Your Goals, Module 5



# AGENDA



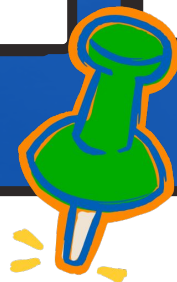
1. Brainstorm: Think about a time when something went wrong and you had to overcome it, describe how you overcame it.



2. Working with a partner, toss objects into a cup across the room.



3. Reflect: was the group task difficult?



4. Working Independently, identify a problem you've had recently and 4 ideas, using a grown mindset to overcome the problem.



5. Reflect: What is the benefit to me to have more perseverance and become more resilient? What steps can I take to do this?

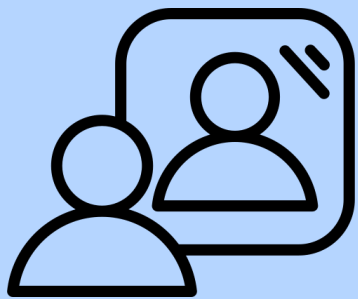
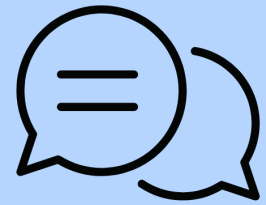


# BRAINSTORM



Think about a time when something went wrong and you had to overcome it.





# DISCUSS



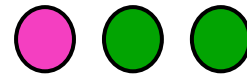
“I have not failed. I’ve just found 10,000 ways that won’t work.”

**American Inventor, Thomas Edison**

“The passion for stretching yourself and sticking to it, even (or especially) when it’s not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives.”

— **Carol S. Dweck, Mindset: The New Psychology Of Success**





# DIVE IN

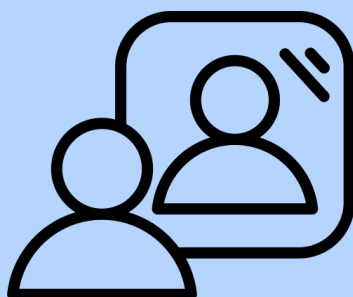


## Fixed Mindset

**Fixed Mindset** is believing that we inherit our intelligence and abilities and there is nothing we can do to change how smart, creative, or athletic we are.

## Growth Mindset

**Growth Mindset** is believing that we can develop skills and qualities through hard work and effort and that failure and challenges are opportunities to learn.



# ACTIVITY



High School

## Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Resilience and Perseverance

**Directions:** Think about a problem you've had recently. Identify at least four possible causes of the problem, and list them below. For each possible cause, analyze if it was caused by you, someone else, or a combination of both.

We want to develop a growth mindset about the obstacles we encounter. For each possible cause, brainstorm something you could change to eliminate that cause.

For example:

Problem I have had: I had a fight with my sister because she borrowed my jacket without asking.

One cause of the problem: I yelled at her to stop taking my things without permission

Using a growth mindset: Maybe next time I can calm myself down and talk to her instead of yelling.

Problem I have had:

What's one cause of the problem:

- Caused by yourself or someone else?
- Using a growth mindset, what can you change to eliminate the cause?

What's another cause of the problem:

- Caused by yourself or someone else?
- Using a growth mindset, what can you change to eliminate the cause?

What's another cause of the problem:

- Caused by yourself or someone else?
- Using a growth mindset, what can you change to eliminate the cause?

What's another cause of the problem:

- Caused by yourself or someone else?
- Using a growth mindset, what can you change to eliminate the cause?

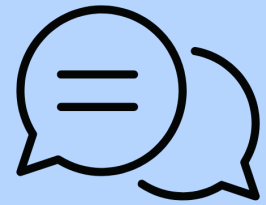
©2024 Anna-Lisa Mackey, M.Ed., All rights reserved

## Example

Consider the following example. You did not do as well on your history test as you thought you would and you're trying to understand why. You come up with a list of reasons that can be organized into two categories: challenges you created for yourself, and challenges caused by others.

Caused by Me	Caused by Others
I don't have a good memory so I can't do well	My teacher doesn't like me
I didn't ask for extra help	I was distracted in class so I didn't learn well
I didn't study long enough for the test	The test was too hard

Now, all of these reasons may have some element of truth to them but unfortunately, this type of thinking will make it hard for us to improve in the future. When we think we can't do anything about the problem if it's caused by others or ourselves, we develop a "Fixed Mindset", If we choose to change my thinking about myself and others, we have become **resilient** and developed a Growth Mindset".



# REFLECT



- What is the benefit to me to have more perseverance and become more resilient?
- What steps can I take to do this?



# Extend & Enrich

Think about a time in your life when you overcame a challenge. Write a letter to your younger self who is going through the problem. What did you learn from that experience and what advice can you give your younger self?





# Home Connection



## Home Connection

### Resilience and perseverance

Dear \_\_\_\_\_,

I'm excited to share that your student has been learning about resilience and perseverance in class. We discussed the importance of these qualities using the example of Thomas Edison, who famously said, "I have not failed. I've just found 10,000 ways that won't work." Edison's persistence in developing the light bulb highlights the value of resilience—the capacity to recover quickly from difficulties—and perseverance—persistence in doing something despite difficulty or delay in achieving success.

Students explored the difference between resilience and perseverance and how these traits help individuals thrive during challenging times. We discussed Carol Dweck's concept of a growth mindset, which emphasizes the passion for stretching oneself and persisting even when things are tough.

Please discuss this question with your student: Can you share an example of a time when you had to be resilient or persevere through a difficult situation? What strategies did you use to overcome the challenges? This will help reinforce their understanding of these important qualities and encourage them to apply them in their daily lives.

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

©2024 Anna-Lisa Mackey, M.Ed., All rights reserved.



## Professional Development



Take 5 minutes to consider: How can teachers develop resilience and perseverance? Think about a lesson or activity that you would like to try but has a 50% success rate. Then plan and implement the lesson. Afterwards, reflect on the activity. What can you change next time to improve upon it? Be sure to make note of those items, and try the lesson again. Sometimes veteran teachers feel like they shouldn't be struggling with a lesson, but it happens to everyone. Trying to overcome the obstacles will help you develop resilience!







# Further Study

## For Further Study

<https://www.edutopia.org/video/teaching-grit-cultivates-resilience-and-perseverance>

<https://www.apa.org/topics/resilience/bounce-teen-s>

<https://choices.scholastic.com/pages/content-hubs/perseverance-and-resilience.html>

<https://www.ascd.org/el/articles/educators-need-grit-too>







**Lesson Complete!**

