



High School

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,
