



220 North Main Street, Suite 201, Natick, MA 01760
508.653.6776 • 508.653.0878 Fax • accept.org

ACCEPT EDUCATION COLLABORATIVE

Sponsors

Developing Resilience in Students

POWERPOINT PRESENTATION

Thursday, January 28, 2010

1:00 pm – 3:00 pm

Presented by

Michael Hill

ACCEPT Education Collaborative

**Dr. Denise O'Connell
Dover Public Schools**

Certificate of Attendance for 2 Hours

**Hampton Inn
319 Speen Street
Natick, MA 01760**

UNLOCKING POTENTIAL • ACHIEVING SUCCESS

Making It Happen: Strategies for Supporting Student Resiliency: The School's Perspective

Mr. Michael Hill,
Accept Collaborative
Dr. Denise O'Connell,
Dover Public Schools

*Persistence in
the face of difficulty*
Resiliency: *Recover from
down curve*

Definition:

What is Resiliency?

...can be defined as the capacity to spring back, rebound, successfully adapt in the face of adversity, and develop social and academic competence despite exposure to severe stress ... or simply the stress of today's world

Identifying a Resiliency Builder from Your Past:

How did this person support your ability to bounce back from adversity?

Resiliency and Schools:

- Schools can be powerful resiliency builders
- Next to families, schools are the place for students to experience conditions that foster resiliency (Henderson & Milstein, 1996)

Case Studies

- Consider the types of support necessary for these students

Student's Resiliency Needs

Building Resiliency and Mitigating Risk
Factors in the Student's Environment

HOW?

The Resiliency Checklist

- Assess entry level skills
- Develop a plan of action to address perceived areas of weakness

A Lack of Caring and Support:

What is the manifestation?

Strategies to Provides Caring and Support

- Recognizing all students by name
- Encouraging reticent students to participate
- Providing interventions during difficult times

Kind words can be short and easy to speak, but their echoes are truly endless

Mother Theresa

High expectations:

Describe a student for whom high expectations are not evident.

Provides children with high expectations:

Send positive messages both verbally and in writing

Establish classrooms that are:

Interest based

Participatory

Flexible

I believe that anyone can conquer fear by doing the things he fears to do, provided he keeps doing them until he gets a record of successful experiences behind him.

Eleanor Roosevelt

Clear and consistent limits:

Describe the profile of a student who does not evidence compliance.

Sets clear and consistent limits

- Involve students in the development of
- Boundaries
- Policies
- Enforcement
- Consequence

I am the decisive element in the classroom... In all situations it is my response that decides whether a crisis will be escalated or de-escalated and a child humanized or dehumanized

Haim Ginott

Life skills:

How would a student without life skills respond in a school situation?

Teach life skills

- Natural incorporation of skills through cooperative teaching and group work
- Utilization of skills during individual or group counseling sessions

Too often, we give children answers to remember rather than problems to solve.

Roger Lewin

Opportunities for Meaningful Participation:

- What does the disengaged student look like?

Provide Opportunities for Meaningful Participation

- View students as resources rather than passive objects
- Analyze each aspect of the school to determine what opportunities for active involvement students may have

A life spent in making mistakes is not only more honorable but more useful than a life spent in doing nothing.

George Bernard Shaw

Student bonding:

Describe the profile of the student who has not developed meaningful relationships in school and or the home.

Increase Student Bonding

Encourage active family and student involvement in school activities

Teach strategies that address specific learners' needs

The key to effective prevention efforts is to reinforce within every arena, the natural social bonds between young and old, between siblings, between friends that give meaning to one's life and a reason for commitment and caring.

Emmy Werner

Resiliency Building Ideas

- Practice one resiliency building technique each day
- View student interruptions as your most important work
- See yourself and your colleagues as a network of support
- Focus on the positive aspects of students' behavior
- Attend student activities
- Send notes to parents and students commending their progress

Ideas continued:

- Call parents with good news
- Compliment students on even the smallest positive behavior
- Use strength interviews to help students focus on self positives
- Spread resiliency building messages
- Create a welcoming school environment
- Laugh a lot

Strong at the Broken Places

- Consider resilience builders for each of the case studies
- Be prepared to discuss your perspective

Wrap up and Session Adjournment

Thank you. We enjoyed meeting and working with you today.

Sincerely,
Mike Hill
Denise O'Connell