The Power of Resiliency: Participant Handouts

Participants: Please use this handout to take notes on the discussion questions and jot down any ideas you gained from your colleagues’ contributions.

Discussion Questions

1. Discussion Question #1
   - How would you describe someone who is resilient?
   - How do individuals develop resilient qualities

2. Discussion Question #2
   - Which, if any, of these external developmental assets surprised you?
   - Which of these assets would you like to focus more on developing in your students?
   - What are some strategies you could begin to implement?

3. Discussion Question #3
   - Which, if any, of these internal developmental assets surprised you?
   - Which of these assets would you like to focus more on developing in your students?
• What are some strategies you could begin to implement?

4. Discussion Question #4

• What are some ways you can increase and support connections between students and persons or activities?

5. Discussion Question #5

• What are some examples of how you can effectively set boundaries/rules in the classroom?

6. Discussion Question #6

• What are some life skills you value as important to model for your students or include in your curriculum development?

7. Discussion Question #7

• What are some ways you can demonstrate caring and support toward your students?

8. Discussion Question #8

• What do you say or do that communicates your high expectations to your students?
9. Discussion Question #9

- What are some strategies you use to encourage and increase participation with your students?
The Resiliency Quiz

Do you have the conditions in your life that research shows help people to be resilient?

People bounce back from tragedy, trauma, risks, and stress by having the following conditions in their lives. The more times you answer yes (below), the greater the chances you can bounce back from your life's problems "with more power and more smarts."

And doing that is one of the surest ways to increase your self-esteem.

Answer yes or no to the following. Then celebrate your "yes" answers and decide how you can change your "no " answers to "yes. "

1. Caring and Support
   ______ I have several people in my life who give me unconditional love, nonjudgmental listening, and who I know are "there for me."
   ______ I am involved in a school, work, faith, or other group where I feel cared for and valued.
   ______ I treat myself with kindness and compassion, and take time to nurture myself (including eating right and getting enough sleep and exercise).

2. High Expectations for Success
   ______ I have several people in my life who let me know they believe in my ability to succeed.
   ______ I get the message "You can succeed," at my work or school.
   ______ I believe in myself most of the time, and generally give myself positive messages about my ability to accomplish my goals-even when I encounter difficulties.
3. Opportunities for Meaningful Participation

_____ My voice (opinion) and choice (what I want) are heard and valued in my close personal relationships.

_____ My opinions and ideas are listened to and respected at my work or school.

_____ I provide service through volunteering to help others or a cause in my community, faith organization, or school.

4. Positive Bonds

_____ I am involved in one or more positive after-work or after-school hobbies or activities

_____ I participate in one or more groups (such as a club, faith community, or sports team) outside of work or school.

_____ I feel "close to" most people at my work or school.

5. Clear and Consistent Boundaries

_____ Most of my relationships with friends and family members have clear, healthy boundaries (which include mutual respect, personal autonomy, and each person in the relationship both giving and receiving).

_____ I experience clear, consistent expectations and rules at my work or in my school

_____ I set and maintain healthy boundaries for myself by standing up for myself, not letting others take advantage of me, and saying "no" when I need to.

6. Life Skills

_____ I have (and use) good listening, honest communication, and healthy conflict resolution skills.
______ I have the training and skills I need to do my job well, or all the skills I need to do well in school.

______ I know how to set a goal and take the steps to achieve it.

by Nan Henderson, M.S.W.; ©2002

http://www.resiliency.com/htm/resiliencyquiz.htm
We are interested in your assessment of the workshop provided and ask you to complete this form. For each statement, please check if you agree or disagree using a rating scale from “1” to “5”. A rating of “1” indicates that you strongly disagree with the statement; a rating of “5” indicates that you strongly agree; a rating of “3” is the level where you neither agree nor disagree.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Check Your Response</th>
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<tbody>
<tr>
<td></td>
<td>Strongly Disagree</td>
</tr>
<tr>
<td></td>
<td>Strongly Agree</td>
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<tr>
<td><strong>Content Delivery</strong></td>
<td>1</td>
</tr>
<tr>
<td>The objectives of the workshop were clearly defined</td>
<td>2</td>
</tr>
<tr>
<td>There was sufficient opportunity for interactive participation</td>
<td>3</td>
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<tr>
<td>The workshop improved my overall understanding of resiliency</td>
<td>4</td>
</tr>
<tr>
<td>The workshop gave me practical and applicable strategies for my classroom and/or interaction with students</td>
<td>5</td>
</tr>
<tr>
<td>The visuals and supporting materials were valuable</td>
<td>1</td>
</tr>
<tr>
<td><strong>Facilitator</strong></td>
<td></td>
</tr>
<tr>
<td>The facilitator was knowledgeable about the topic</td>
<td>2</td>
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<tr>
<td>The facilitator was well prepared for the session</td>
<td>3</td>
</tr>
<tr>
<td>The facilitator presented the information in a smooth, clear, and professional manner</td>
<td>4</td>
</tr>
<tr>
<td>The facilitator used a variety of training methods to keep the workshop interesting</td>
<td>5</td>
</tr>
<tr>
<td>The facilitator encouraged active participation</td>
<td>1</td>
</tr>
<tr>
<td><strong>General Satisfaction</strong></td>
<td></td>
</tr>
<tr>
<td>I am satisfied with my increased understanding of resiliency</td>
<td>2</td>
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<td></td>
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How do you plan to apply what you learned today?

Additional comments: