

The Mindset of Resilient Students

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We have done an a very good job of marketing the concept of school to young children.

Instinctual Optimism and Intrinsic Motivation

In times of crisis we are prone to dismiss our instinctual optimism and far too often consider permanent solutions to temporary problems.

We fail to appreciate that children are genetically endowed with certain patterns of behavior and thought (the how of who we are).

What Are Some of These Traits?

The drive to help (instinctual optimism).

The drive to mastery (intrinsic motivation).

Altruism or selfishness?

Aggression or self-discipline?

Social connections or isolation?

Goldstein's Axiom

Through intelligent and ethical practices develop insight and build proficiency in people without stealing away their dignity and hope (the who we become).

The secret of helping lies in
respecting the current place of the
child.

The experience of growing up
absent safety and success steals
away opportunities to develop a
resilient mindset.

Children become failure avoiders
when the well meant efforts of
parents and teachers fail.

A lesson from Michael.

The Unfortunate Mindset of Many People in Crisis

- Confused.
- Failure avoiding.
- I don't have much control over my life.
- Helpless.
- The world is unfair.
- Emotions get you into trouble.
- If I like doing it, they won't let me.
- Resistant.
- Dumb!

We have perpetuated the nineteenth century perception that education is a process by which information is dumped into a **BLACK BOX** lying mysteriously within the human brain.

We have also assumed a Stepford Wives model that all black boxes are identical.

Caregivers are the architects of the way in which experience influences genetically preprogrammed but experience dependent brain development.

Daniel Siegel
The Developing Mind

Resilience

- A process leading to good outcome despite high risk
- The ability to function competently under stress
- The ability to recover from trauma and adversity

“I’m not afraid about my girlfriends and myself, we’ll squeeze through somehow, though I’m not too certain about my math.”

Anne Frank
June 21, 1942

“I have lots of courage, I feel so strong and as if I can bear a great deal. I feel so free and so young! I was glad when I first realized it, because I don't think I shall easily bow down before the blows that inevitably come to everyone.”

Anne Frank
July 15, 1944

Resilience is Predicted By Three Factors

- Within the child
- Within the family
- In the community

The pathways that lead to positive adaptation despite high risk and adversity are complex and greatly influenced by context therefore it is not likely that we will discover a magic (generic) bullet.

Resilient children are not simply born that way nor are they made from scratch by their experiences. Genetic and environmental experiences loom large as protectors against a variety of risks to healthy development ranging from resistance to bacteria and viruses to resilience to maltreatment and rejection.

Kirby Deater-Deckard

Most Powerful Predictors of a Resilient Child

- Easy temperament
- Consistent family relationships
- Competent caregivers
- Development of self-esteem
- A sense of emotional security

To be a *charismatic adult* and nurture hope and resilience in times of crisis, we must understand and reinforce the components of a *resilient mindset* in others.

Stress Hardiness

- Committed to finding a meaningful purpose in life.
- A belief that you can influence your surroundings and outcome of events,
- A belief that you can learn and grow from both positive and negative life experiences.

Focus on Well Being!

- COMPETENCE in academic, social and vocational areas
- CONFIDENCE or a positive identity
- CONNECTIONS or healthy relations
- CHARACTER or positive values, integrity, and values
- CARING and compassion

(Lerner et al, 2000)

Five Strategies To Foster a Resilient Mindset

- Model empathy by practicing empathy.
- Model responsibility by making contributions.
- Model decision making and problem solving skills that foster self-discipline.
- Offer encouragement and positive feedback.
- Help people deal with mistakes.

The Essential Mindset of Resilient People

- The world makes sense.
- I can control myself.
- I am part of a community.
- I can solve problems and learn from mistakes.
- I feel loved and appreciated.
- I am intelligent.

The Essential Mindset of Resilient People

- If I'm willing to try a different way I can be successful.
- Hopeful and optimistic.
- I can make a contribution.
- I am worthy.
- The world is fair.

Date _____

Dear mom and dad,

I missed the stamp party today because I had too many punches on my card. I got punches on my card for ...

Having lots of think
times. I'm really sad.

Clayton Cares

I am going to do better in class from now on by...

listening to teacher
and not going to think
times.

Love,

clayton

Parent Signature

Jennifer Anderson

Parents: Please read, see attached stamp card, sign
and return.

Please put any questions or comments on back.



Mom and dad
I love you more
than you know.

to: Mom and dad
from: your son, clayton

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Fostering strength, hope and optimism in our children. If Beaver, of the 1950's television sitcom Leave it to ...

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