

Goals, Growth & Grit: Skills for Success 120

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Hello Ali, Ariel, Brooke, Chase, Ethan D, Ethan L, Hanna, Jayden, Monica, Pierce, Sofia and Tanya! I hope you are all staying safe while keeping your minds and bodies active. I miss seeing you all every day and as we face this uncertain and unprecedented time, I often think of our class and the topic we were covering during our last days together.

To remind you, we were reflecting on the personal strengths we knew we possessed and how there are other strengths that we may develop through situations to come in the future. Never in my wildest dreams did I think we were about to face a pandemic which would indeed expose these "hidden" strengths in each one of us. Have you taken the time to ask yourself how you are doing....really doing? If you have been able to follow health guidelines to socially distance yourself, you have adapted to a new routine, and are generally doing pretty well, then you are exhibiting the ability to be RESILIENT! If you are having difficulty during this time of change, please reach out to me and I will connect you to someone who can help.

I realize that we were about to explore the most common skills required to be successful, the 4 Cs, however I think it is important that as we get back to learning this week, we look at this idea of RESILIENCY. I plan to post a few learning opportunities for you every Monday on a different topic. If you ever have any problems or questions, please email me at the address shown above. I check my email often throughout the day and evening so feel free to reach out at any time and I will gladly respond within a couple of hours.

So back to RESILIENCY...what exactly does it mean, what does it look like, how resilient are you, and how can you improve your resiliency? Here are a few activities which should help you answer these questions and more. Enjoy!

1. What is it? <https://www.youtube.com/watch?v=BoNh7RNtQzk>
2. Resilience Test Click on Take the Test link at the top of the page
<http://resiliencyquiz.com/resiliency-quiz-scoring.shtml>
3. The Eleven Skills and Attitudes that Can Increase Resilience
<https://www.psychologytoday.com/us/blog/in-the-face-of-adversity/201201/the-eleven-skills-and-attitudes-can-increase-resilience>
4. Resilience and Routines for Families During the Pandemic (A checklist for sustaining health and well being during the crisis)
<https://www.psychologytoday.com/us/blog/child-development-central/202003/resilience-and-routines-families-during-the-pandemic>
5. BINGO – Click on the traits that you possess or practice. Can you get a line? Two? Have fun! <https://mfbc.us/m/zcy6ag>



Have a great week! 😊