

# Resilience Development



## What is Resilience?

It means not giving up when things get tough— learning from challenges and growing stronger.

Resilience Worksheet  
High school



Rate yourself on a scale of 1-5 for each statement:

1 = Significant Growth Needed

5= Consistent Strength

Resilience Skills	Rating
<b>Perspective</b> - How you interpret challenges and setbacks	
<b>Emotional Regulation</b> - Managing difficult emotions effectively	
<b>Cognitive Flexibility</b> - Adapting your thinking to changing circumstances	
<b>Social Support</b> - Building and maintaining supportive relationships	
<b>Self-Efficacy</b> - Believing in your ability to influence outcomes	
<b>Purpose</b> - Connecting to meaningful goals larger than yourself	

SELF REFLECTION

Total\_\_\_\_\_

Which resilience skills are your strongest? What life experiences have helped develop these strengths?

Which resilience skills present the greatest opportunity for growth? Why?

# Resilience In Real Life



Read each scenario and answer the questions:

## Scenario 1: Academic Pressure

You've always excelled academically, but this semester you're struggling in an advanced course. Despite studying more hours than ever, you received your lowest grade ever on the midterm exam. Several universities you're interested in emphasize strong performance in this subject.

What thoughts and emotions might arise in this situation?

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What short-term resilience strategies could be helpful?

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What long-term resilience approach would support growth from this experience?

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## Scenario 2: Social Media and Identity

After sharing your authentic opinions on a controversial topic online, you receive significant backlash from peers. Some comments are constructive criticism, while others are personal attacks. You notice your anxiety rising each time you check your phone.

What resilience challenges does this situation present?

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How might you distinguish between helpful feedback and harmful criticism?

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What boundaries or practices might support resilience in digital spaces?

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# Resilience Across Contexts

 Identify one challenge you face in each area, then develop a specific resilience strategy for each:

## Academics

Challenge: \_\_\_\_\_

Resilience strategy: \_\_\_\_\_

How this strategy addresses the specific challenge: \_\_\_\_\_

## Relationships

Challenge: \_\_\_\_\_

Resilience strategy: \_\_\_\_\_

How this strategy addresses the specific challenge: \_\_\_\_\_

## Personal Growth

Challenge: \_\_\_\_\_

Resilience strategy: \_\_\_\_\_

How this strategy addresses the specific challenge: \_\_\_\_\_

## Community/Society

Challenge: \_\_\_\_\_

Resilience strategy: \_\_\_\_\_

How this strategy addresses the specific challenge: \_\_\_\_\_

# Resilience Barriers and Supports

External factors that currently challenge my resilience:

Internal barriers to my resilience (thoughts, habits, etc.):

External factors that currently support my resilience:

Internal strengths that support my resilience:

## My Resilience Development Plan

**Focus Area:** Select one resilience skill you want to strengthen

**Current State:** Describe your current capabilities in this skill

**Development Strategies:** list 3 ways you want to improve this skill

1.
2.
3.

**Obstacles:** List potential obstacles and how you'll address them:

**Measure:** How will you measure your progress?