



Educational Council Consortium

Tips for Educators and Parents

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October 2010

Number 2

Dr. Bob Bowers, CEO
Educational Council

Our Vision:

"To assist school districts and their communities to implement innovative educational solutions and to promote healthy life choices for students."

The Consortium supports the efforts of the member school districts to grow healthy school communities.

Our monthly wellness tips are offered with the hope that they can be added to your educational and parenting toolkits.

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Monthly Tip: Promoting Resilience

Ever wonder why some students are able to bounce back from adversity while others fall apart? They seem to take setbacks in stride and recover with an energy that fuels them through their next challenge. "Fall down seven times, stand up eight" seems to be their mantra. Students who are able to bounce back have developed resilient qualities. The good news is that resilience can be learned and we can all promote strategies that help others grow resilient qualities.

Resilience researcher Nan Henderson offers simple strategies for creating conditions that promote resilience at home and school:

- Suggest opportunities for meaningful participation. Some like athletics, some like the arts, others like to build things. Encouraging them to actively participate charges their battery and gives them confidence.
- Set clear and clear and consistent rules, knowing that boundaries help students remain calm under pressure
- Expect your students to stretch themselves to reach your expectations. Set your expectations too high and you set them up for failure, too low and they will be bored and insulted. Aim for that zone where your students need to stretch and be prepared to provide the support needed to reach the expectations.

Another effective way to promote resilience in others is to model resilient behaviors. Researcher Dennis Charney offers the following strategies:

- Remain optimistic! Often things that appear to be insurmountable can be overcome. We all have a self-righting mechanism that helps us recover on our own.
 - Cope actively by taking direct action to solve the problem. Small active steps can create traction that propels you forward
 - Help others. Nothing helps us get over ourselves more than helping others who have it tougher than we do.
 - Face your fears. Avoiding problems has the unintended consequence of making your unfounded fears grow. Facing your fears allows you to build stress inoculations that will help you face future stressors.
 - Look for a resilient role model to inspire you to persevere. Models abound from Columbus artist Alfred Tibor to Holocaust survivor and Emmy award winner Gerda Weisman Klein to cross-country runner Ben Comen. Google them and see if you are inspired.
- Have a sense of humor. Lighten up a little; it may help you keep things in perspective and it might attract the attention of people who can serve as resources for you.

[Next Month: Mental Toughness](#)