Building Resilience in the COVID Era

Objectives

- Gain a clearer understanding of evidence-based research about resilience.

- Have a deeper understanding of how to implement resilience and engage with student and the use of technology.

- Find motivation and resources to use and take back to your schools/students.

Check-in

https://padlet.com/kwhidby/ihqep2jkjflqyopb

What is happening is your area?

What are some positives you are seeing?

What is not working or needs improvement?

What are some barriers?

What is resiliency?

Resilience is the relative strength of individual characteristics and external protective processes (supports provided by school staff, communities, and families) compared to the influence of risks and vulnerabilities in the external environment

Two types of resilience:

Environmental: is resilience you build by situations that occur in your life. It's the resilience you need to learn that does not come naturally

Genetic: is the personality traits or genetic differential susceptibility (core intrinsic features) someone has.

Research on Resilience

- Understanding the underlying mechanisms of resilience as predicted by adversity in adolescents is needed to develop successful targeted interventions for those at increased risk.

Understanding risk factors
1. Individual factors: temperament, level of intellect, attention span
2. Family Factors: parent health, parental conflicts, loss of parent or sibling
3. Community Factors: low income, housing, crime rate, substance use, rural/suburb, access/quality of services, resources

- Resilience has shifted from being a trait to a skill. This allows us to view resilience as not being fixed.

- Healthy environments-resilience is built through exposure to experiences and support providing security, belonging, self-worth, realistic mastery.

- When multiple stressors occur- the stress-responsive system struggles to cope with the increased pressure despite previous resilience.

STANDARDS

- Safety
- Optimism
- Self-efficacy
- Problem-solving
- Assertiveness
- Social Supports

Implementing resilience mindset

How can I do this?

- Solution Focused interventions

  - One good thing; Miracle question

  - Shifting the negative mindset that is so fixed on the negative to a more open,   positive framework that allows the student to take small strides to positive change.

  - Scaling

  - Less about past and more about future. Looking for solutions and small positive changes

  - optimistic outlook and positive energy to meet small attainable goals

Self-efficacy

"People's beliefs about their abilities have a profound effect on those abilities. Ability is not a fixed property; there is a huge variability in how you perform. People who have a sense of self-efficacy bounce back from failures; they approach things in terms of how to handle them rather than worrying about what can go wrong."

—Albert Bandura

- Foundation for human motivation, well-being, and personal accomplishment.
- Unless people believe their actions can produce the outcomes they desire, they aren't motivated to try or care about their outcomes.
- Touches every aspect of people's lives- it is a critical component of self-regulation

Building Resiliency Virtually

Let's think back to the padlet.

How are we going to build resilience in a virtual learning environment?

What are some of the challenges we are facing?

How can we use technology to our advantage?

Let's Talk Technology

- Websites: schoology
- Hyperdocs- live interactive document-
- Padlet- social learning
- Flipgrid- social learning (peer-to-peer) tool of engagement
- Google slides-
- Pear Deck- you can add formative assessments and interactive questions to your presentations right from Google Slides.
- EdPuzzle- videos and presentation that allow you to interact in a video lesson

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Karen Whidby

Tomorrow is College T-shirt Day!! Seniors... Receive your FREE TREAT (sneak peek attached) tomorrow if you have received a GOLDEN TICKET or if you can show proof of a completed college apllication or TN Promise Application. Don't forget, we have laptops available at lunch to help with TN promise applications (social security number needed). Deadline to complete this is Nov 1.

Have you...

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○ | I plan on getting this done Friday at Lunch. | 15 votes

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☐ **Virtual College Visits: Register Here**
https://docs.google.com/forms/d/1AWxVRsBw183DBM83UMaES0DFI6iQdQ2BxQ8Qcma2D2Q/edit
complete one form for each visit you are interested in attending. You will receive a confirmation email with the zoom link before the visit.
Added by You · Sep 25, 2020

☐ **College Fair**
WCS annual college fair has been cancelled due to COVID-19. However, there are other major college fair events including **¡ALCANZA! College Fair** coming up this fall that we highly encourage our students to participate in!

Open folder for these opportunities.
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☐ **Crisis**
information to use when you are in a crisis
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☐ **Forms**
Schedule changes, PE Waiver, transcript request, graduation requirement, elective focus, credit recovery...
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☐ **Scholarship Resources**
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☐ **Social/Emotional**
Added by You · Sep 3, 2020

☐ **Testing News and Dates**
Added by You · Sep 25, 2020

☐ **College Information**
Added by Katherine Healy · Sep 25, 2020

☐ **Financial Aid**
FAFSA, Financial Aid Timeline
Added by You · Sep 18, 2020

References

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    Educational Laboratory

Ignite: Get Switched On to Technology

Technology UNMASKED

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11:00

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