

# Resilience & Perseverance

Go For Your Goals, Module 5



# AGENDA



1. Brainstorm what comes to mind when you think of resilience and perseverance and what qualities a person with resilience and perseverance has.



2. Independently, set a goal for yourself and create your SMART skills plan for achieving this goal.



3. Reflect on the quote by Antoine de Saint-Exupéry, “A goal without a plan is just a wish.” Do you agree with this statement? Explain.



# BRAINSTORM



Brainstorm what comes to mind when you think of resilience and perseverance and what qualities a person with strong resilience and perseverance has.



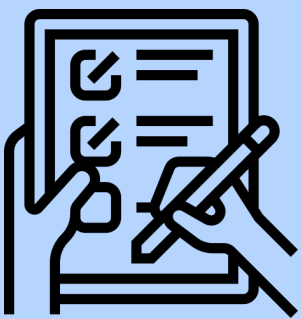
# DISCUSS



What are the qualities that someone who has resilience and perseverance shows?







# DIVE IN



How does a person with strong resilience and perseverance act?

People who are resilient understand that just because something bad has happened doesn't mean that they have a bad life, and they think of ways to overcome their situation rather than give up. You could say that people who are resilient have a realistic and optimistic view of their situation.

## Resilience

**Resilience** is the ability to bounce back from challenges, setbacks, and adversity. You may also remember that adversity refers to difficult situations that might include disappointment, loss, or negative life changes.



# ACTIVITY



Independently, set a goal for yourself and create your SMART skills plan for achieving this goal.



## Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Resilience and Perseverance

My goal:

Obstacles that might get in the way of me achieving my goal:

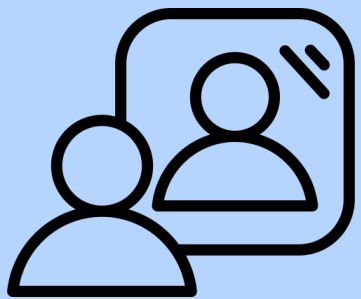
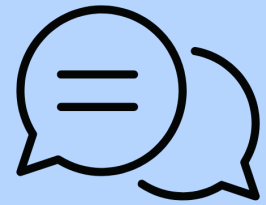
For each obstacle, identify a way you could overcome it.

	Obstacle 1:	Obstacle 2:
Ways to overcome the obstacle:	.	

What resources will I need to help me overcome these obstacles?

What people can help me overcome these obstacles?

**Reflect:** In the book The Little Prince, author Antoine de Saint-Exupéry writes, "A goal without a plan is just a wish." Do you agree with this statement? Explain.



# REFLECT



Reflect on the quote by Antoine de Saint-Exupéry, “A goal without a plan is just a wish.” Do you agree with this statement? Explain.



# Interdisciplinary Connections

To see examples of educators developing students' capacity to persevere in a math classroom, check out the University of Texas at Austin Charles A. Dana Center's website and videos:

[www.insidemathematics.org/common-core-resources/mathematical-practice-standards/standard-1-make-sense-of-problems-persevere-in-solving-them](http://www.insidemathematics.org/common-core-resources/mathematical-practice-standards/standard-1-make-sense-of-problems-persevere-in-solving-them)





# Home Connection



## Home Connection

### Resilience and Perseverance

Dear \_\_\_\_\_,

Today in class, we learned that **resilience** is the ability to bounce back from challenges, setbacks, and adversity and **perseverance** is persistence and continued effort despite difficulties. We reviewed our SMART goals and planned action on how to achieve them.

Please encourage your student to work on this action plan at home and review any obstacles that might be stopping them from achieving their goals.

Please do not hesitate to reach out with any questions or concerns.

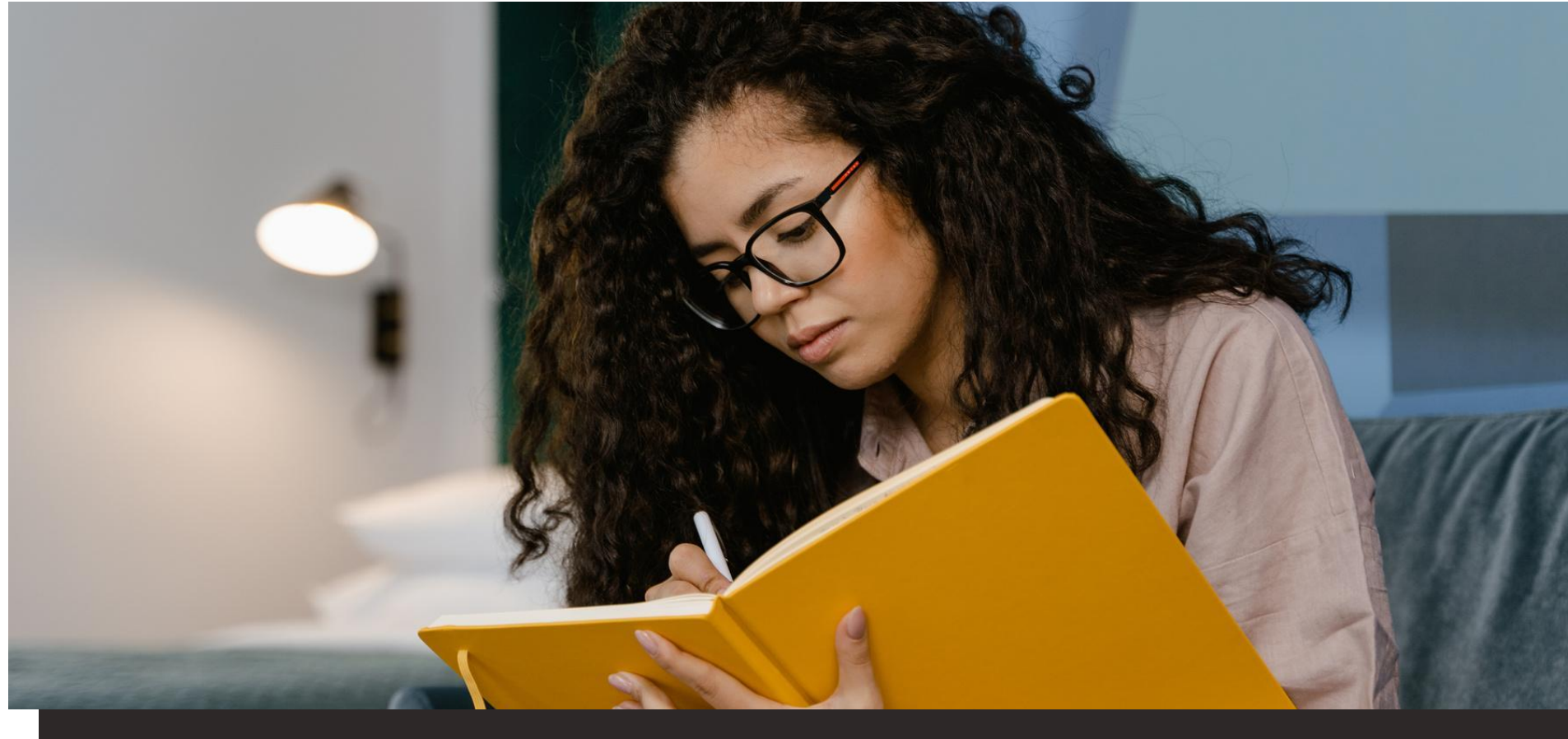
Best,

\_\_\_\_\_

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## Professional Development



Take 5 minutes to consider: Are there ways you build students' ability to persevere and resiliency in your classroom?







**Lesson Complete!**

