



# High School

## 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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