



Everyday resilience

Reflection guide

Centre for Education Statistics and Evaluation

What is the purpose of this publication?

The **Everyday resilience reflection guide** is a practical resource for teachers and school executive staff. It draws on the evidence presented in the Centre for Education Statistics and Evaluation (CESE) practical guide **Everyday resilience – what works best in practice**, which gives schools explicit examples of what can be done to improve student engagement and wellbeing. Read the paper and reflect on your practice using the questions below as a guide.

What does the evidence say?

Research shows that everyday resilience is associated with higher engagement at school. Students who have everyday resilience are better protected against school stress and anxiety.

Which of our students could benefit from support in developing everyday resilience?

How do you foster everyday resilience?

Everyday resilience can be fostered through directly working with students, or indirectly by developing a fair and supportive classroom.

What practices do I employ in the classroom to create a fair and supportive learning environment?

What does this look like in practice?

At the student level, everyday resilience is related to the '5Cs' of student thinking: confidence, composure, coordination, control and commitment. In the classroom, it is important to:

1. Address fear of failure by showing how mistakes and poor performance are part of the learning process and future improvement.

How do I support students to develop effective coping strategies in the classroom?
What types of strategies do I promote?

2. Emphasise growth and communicate high expectations.

What practices do I implement in the classroom to encourage students?

3. Provide relevant learning activities with specific and consistent feedback.

How often do I provide constructive feedback to students? How could I improve my feedback?

4. Foster students' sense of belonging.

How does the culture of our school develop a sense of belonging at school for students?

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