

TEACHING STUDENTS TO BE RESILIENT

by:

Rona D. Mole

Sisiman Elementary School

It is crucial to encourage students to develop self-reliance. Self-reliant decision-making skills are developed in self-reliant kids. They are probably committed to their education, goal-oriented, self-assured, and focused. Some children learn to be independent on their own, while others might need some guidance.

The ability to adapt well to adversity or stress is referred to as resilience. Students that are resilient are better able to avoid any potential psychological harm from difficult events. More than just persevering in the face of adversity is required for resilience. Students that are resilient view obstacles in their academic or social lives positively, such as by exerting more effort, coming up with new tactics, or practicing dispute resolution.

To assist students to succeed and maintain motivation, teachers should start by designing brief, optimally demanding exercises. Students can be inspired to take on increasingly difficult projects as their abilities and confidence grow. Grading assignments encourages students to persevere in their work despite obstacles and gives them a sense of accomplishment. Allow pupils the freedom to select their own activities or teaching strategies. When given options, kids learn to make decisions based on their abilities, take responsibility for their actions, and learn from their mistakes.

Moreover, the encouragement of students to take on increasingly difficult tasks can grow as their abilities and confidence grow. The process of grading activities encourages pupils to remain concentrated, finish projects despite obstacles, and feel proud of themselves. The importance of rewarding achievement must be emphasized by teachers.

In connection, to encourage children to take on responsibility, teachers can assign them with tasks. Teachers may set up a team of students to run the classroom once a week. Schedule a "me" time for the pupils as well so they may relax. It is possible to encourage students to use this time to discover and pursue their interests, to reflect, and to recharge. Encouragement of pupils to interact with one another and develop connections with their peers is also crucial. By mixing up the kids in pairs and groups, you can encourage them to cross the boundaries of their peer groups. This is crucial because it may teach kids to respect, accept, and appreciate one another as well as diverse points of view, learn about other cultures, settle disputes amicably, and behave diplomatically.

Remember that today, it is essential for teachers to promote student self-reliance since it fosters emotional fortitude, a sense of oneself and others, and self-assurance in the face of difficulties.

References:

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