

## RESILIENCE: THE KEY TO EMPOWERING STUDENTS FOR LIFELONG SUCCESS

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Resilience is a trait that enables people to endure difficulties, recover from adversity, and flourish under adverse circumstances. Building resilient students is an important objective for educators and society at large in the context of education. Students who are more resilient are better able to handle the ups and downs of academic life, strengthen their problem-solving abilities, and develop into self-assured, competent people.

Being resilient, as per Chandra (2021), is being able to deal with setbacks, overcome hurdles, and bounce back from perceived failure, disappointment, or rejection. The way a kid learns to overcome obstacles will have a long-lasting effect on their future relationships and employment. For pupils to learn how to cope with stressful and difficult situations, resilience-building is essential.

Creating a safe and caring school atmosphere is the first step in assisting pupils in becoming resilient individuals. Students should feel protected, appreciated, and encouraged to express themselves in schools. Students are more inclined to take risks, rise to challenges, and view failures as opportunities for growth rather than as obstacles when they are aware that they have a support structure in place. In order to develop a resilient attitude, it is essential that teachers, students, and peers have positive relationships with one another.

Teaching pupils to adopt a growth mindset is one of the essential elements of developing resilience in them. This idea, which was made popular by psychologist Carol Dweck,

promotes the idea that aptitudes and intellect can be increased through commitment and effort. Students who adopt a growth mindset are more inclined to welcome difficulties, keep going after failures, and regard effort as the key to mastery. Teachers can inspire pupils with a sense of confidence and motivation by applauding effort and advancement rather than natural brilliance.

By including opportunities for practical problem-solving in the curriculum, educators may foster resilience in addition to growth mindset. Students can better acquire the abilities to handle difficult problems by participating in practical learning activities that call for creative problem-solving and critical thinking. Education professionals help students develop interpersonal skills and the capacity to adjust to varied social dynamics by giving them opportunities to collaborate and work in teams.

Teaching pupils emotional intelligence and self-control is another technique to help them develop resilience as people. Students that are resilient are conscious of their emotions and know how to control them. By fostering emotional intelligence in their students, educators enable them to communicate their emotions clearly, get help when they need it, and manage stress in productive ways. Students' self-awareness can grow and their anxiety can decrease when mindfulness techniques are used in the classroom.

Additionally, educators can take use of failures and setbacks as chances for development and learning. Teachers can foster a culture where failures are seen as stepping stones to success rather than protecting pupils from making mistakes. Resilience and a sense of agency in one's own life are fostered by encouraging pupils to think back on their experiences, pinpoint areas for development, and create action plans.

The complicated process of turning pupils into resilient people calls for the combined efforts of community members, parents, and educators. Teachers may play a critical role in helping students develop resilience by developing a supportive learning environment, encouraging a growth mindset, providing opportunities for practical problem-solving,

teaching emotional intelligence, and viewing failure as a springboard for improvement. Students that are resilient are better able to handle life's challenges, develop into confident learners, and make valuable contributions to society. Students are given the tools they need to face the world with courage, adaptability, and a sense of purpose when educators invest in developing resilience.

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