

## NURTURING RESILIENCE TO OVERCOME LEARNING CHALLENGES

*by:*

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"Success is not final, failure is not fatal: It is the courage to continue that count." – Winston Churchill. These impactful words capture the essence of perseverance that learners require to succeed amid educational obstacles. Each student faces challenges throughout their educational path, whether it's dealing with a difficult topic, experiencing personal issues, or grappling with uncertainty. The skill to recover from difficulties and remain dedicated is not something one is born with – it can be developed. Teachers are crucial in assisting students in building this resilience by creating a nurturing and encouraging educational atmosphere.

A fundamental step in developing resilience is altering the way students view failure. Instead of seeing setbacks as a reflection of their skills, students need to understand that failure presents a chance for growth. Instructors can assist by sharing tales of successful people who triumphed over difficulties and by demonstrating an optimistic approach to errors. When teachers provide positive feedback and assist students in contemplating their mistakes, they establish a route for enhancement. This approach fosters resilience and cultivates a growth mindset that motivates students to see effort and perseverance as essential elements of achievement.

Equally crucial is preparing students with self-regulation abilities to manage challenges successfully. Self-regulation entails controlling emotions, actions, and thoughts to maintain focus on long-term objectives. Teachers can instruct on techniques like mindfulness practices to assist students in remaining composed during stress, time-management skills to manage challenging assignments, and goal-setting strategies to

uphold motivation. By encouraging students to manage their learning and emotions, teachers help them face challenges with assurance and determination. This independence is essential for building resilience in both academic and personal pursuits.

Moreover, creating a supportive classroom environment is crucial for encouraging resilience. When learners experience a sense of safety and backing from their classmates and educators, they are more inclined to take chances and participate in their education. Supportive relationships in the classroom create a safety net for students who might face challenges academically or socially. Educators can promote cooperation and team efforts, motivating students to exchange their abilities and assist each other. A feeling of inclusion in the classroom provides students with the assurance to confront challenges directly, aware that they possess a system of support.

Ultimately, resilience is enhanced by fostering a sense of purpose and drive. Educators who relate academic content to real-life situations assist students in understanding the importance and significance of their studies. When students realize how their efforts play a role in a bigger goal or purpose, they are more inclined to persist through difficulties. By establishing lofty goals and offering essential assistance, educators motivate students to strive diligently and tackle challenges with resolve. This feeling of purpose encourages students to overcome challenges, ultimately aiding them in building the resilience required for success in school and elsewhere.

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