

Being Resilient

Resilient

Bounce back from mistakes

Don't
give up



Stick at it

Adapt to new challenges

Be flexible

What Is Resilience?

- Who can explain resilience?
- Why is it important to be resilient?
- What sort of challenges to your resilience does being in the 6th form bring?



Resilience In 6th Form

You might need to be particularly resilient when:

- You start new classes and might not feel 'top of the class' anymore
- You get lower results on tests or modules than you expected, particularly if you revised and tried hard
- Relationships break down (friends, romantic, family)
- You have to revise more than usual
- You need to balance work and revision
- Before and after exams
- After an embarrassing party or social media faux pas!

How can I be resilient?

- This takes practise.
- Positive thinking.
- Keeping things in perspective (they will blow over).
- Playing your happy play list.
- Reading your gratitude list.
- Adjust your point of view into the positive.