



Musketeer Minute



Greenup County Schools

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Growth Mindset: Resilience & Perseverance

As the foot-tapping song of Chumbawamba states, "I get knocked down, but I get up again, you're never gonna keep me down." Such is the motto for those with resilience or perseverance. The word resilience or resiliency is the ability to adapt and bounce back when things don't go as planned.

As teachers, we encounter students that can make a mistake and bounce back determined to work harder on the next question or assignment, but we also have the student who gets a 'C' for the first time and feels their world is falling apart. He or she believes they will never get an 'A' or 'B' again and spirals into a pit of negativity. How do we help that non-resilient student stay afloat? Dr. Albert Ellis came up with a model in 1962 called

the 'ABCs of Resilience'. "A" stands for Adversity, what is the challenge or setback; "B" stands for Beliefs, what is the belief of the situation; and "C" stands for Consequences, how A+B makes you feel inside.

Carol Dweck refers to resilience as tenacity. She uses 4 factors that affect tenacity. They are:

1. **Beliefs about themselves**
2. **Their goals**
3. **Their feelings about social connectedness**
4. **Their self-regulatory skills**



Educators can build up the resiliency of their students by teaching them the ABCs and encouraging the growth mindset we've learned about through the year.

In your classroom, notice when a student reacts to an "A"diversity, one student may not have an A in math "Yet"- build up their "B"eliefs in themselves, help them to create their goals to receiving that A and hone their skills so that the "C"onsequences will be positive and growing instead of fixed and failing.

Suggestions for creating a resilient classroom include:

1. **Focus on your language choice**
2. **Be surrounded by people who persevere**
3. **Adopt flexible thinking patterns**
4. **Set smaller, short term goals**

5. Have reflection time

Jain, Renee. *Teaching Students the ABCs of Resilience. 2016*

www.edutopia.org

5 ways to Develop a Growth Mindset Using Grit and Resilience. 2016

<https://positivepsychologyprogram.com>

Special thanks to Jill Armstrong for her contributions to the February Musketeer Minute.

Extended Thought

What Having a Growth Mindset Actually Means

Productive Struggle

Resilience in Kids

The ABCs of Resilience



#GCMusketeerMindset

Do not judge me by my successes, judge me by how many times I fell down and got back up again. - Nelson Mandela

Our greatest glory comes not from never failing, but from rising every time we fall. — Confucius

I have not failed, I've just found 10,000 ways that it won't work. —Thomas Edison

