Resilience and Overcoming Challenges Lesson Plan

Objective
To have students reflect on the attitudes, people, skills, and resources they have utilized in both the trials and triumphs in their lives, to recognize their own resilience in overcoming difficulties, and to acknowledge the role personal responsibility plays in resilience and success. Students will also look forward and identify challenges that they may personally expect to face at some point in their college career and then identify the resources available at USU and within their personal support network to assist in meeting each specific challenge.

Description:
This lesson contains two parts.
1. Resilience Activity: Each student will complete the timeline activity (in class or as homework and then bring to class). Guide students through a discussion of the timeline activity. This could be done in smaller groups or with the entire class. Use examples from your own life to illustrate the importance of not giving up when challenges occur.
2. Overcoming Challenges Assignment: Students will complete the Overcoming Challenges Assignment in Canvas or will complete a hard copy in class.

Instructional Time: 45-90 minutes
Required Assignment: YES
Points: 50

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Lesson Plan
1. On a separate piece of paper, create a chart like the one below, list 3-4 personal trials and 3-4 personal triumphs. Begin with birth and end with now. Place each trial or triumph on the scale from -5 (worse trial) to +5 (most amazing triumph) according to how that event or experience seemed at the time.
2. Connect each point; creating a continuous flow from highs to lows throughout your life.
3. Add the people’s names who have been influential in the significant points of your life.
Reflections Questions:
1. How have your experiences developed your sense of self or impacted your sense of confidence?
2. What are some skills and habits you have learned to help you work through trials and challenges in a positive way?

Make a Connection:
Prompt students to consider the following:
1. Read the sections; “Character” pp. 17-18, “Learners are Courageous” pp. 42-43, and “Learning Requires Humility” pp. 43-44 in Becoming A Learner. Discuss with a roommate, parent, or friend how becoming more resilient impacts character and vice versa.
2. What role does resilience play in innovation (such as seen in How We Got to Now)?

Materials and Resources:
- Materials found at the instructor resource website including:
  - TED Talk by Dr. Angela Lee Duckworth about “Grit” (6:12)
  - TEDxVictoria-Dr. Sean Richardson-Mental Toughness: Think Differently about your World (video) [https://www.youtube.com/watch?v=LCPgvTRfZg#t=137](https://www.youtube.com/watch?v=LCPgvTRfZg#t=137)
  - Division of Student Affairs department websites: [https://studentaffairs.usu.edu/](https://studentaffairs.usu.edu/)

Overcoming Challenges Assignment
Direct students to Canvas to complete the Overcoming Challenges assignment or have them complete it in class and turn it in as a hard copy.