

# Promoting Student Success through Resiliency

Information about the online course from Nan Henderson, M.S.W., President of Resiliency In Action (Available only for organizational purchase.)

**What?** This is a unique and *first-in-the-nation* 15-hour on-line course initially created for the Pennsylvania Department of Education. It can be adapted for any other organization. It is designed and based on the Resiliency Wheel Model of Nan Henderson, co-author/editor of *Resiliency In Schools: Making It Happen for Students and Educators* and *Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities*.

**Participants learn?** The course has 10 units (see back page for details). Learning includes several “essential questions” that are answered in the ten units. Some of the questions answered are:

1. What is resiliency and where does it come from?
2. How can educators identify resiliency in *every* student and make it grow?
3. Why is resiliency synonymous with academic and life success?
4. What are “protective factors” and how are they *the key* to resiliency?
5. How can student protective factors/strengths be used to intervene with problems?
6. How does The Resiliency Wheel synthesize the resiliency research and form the basis of the a “Student Success through Resiliency” Initiative?
7. What is the connection between building resiliency and “authentic self esteem”?
8. What are specific examples of how schools have revamped classrooms, policies, and teaching strategies into effective resiliency-building approaches?
9. How can the Resiliency Model be used to increase effective partnerships between schools and parents/families and schools and communities?
10. How can the resiliency approach increase educator resiliency and effectiveness?

**How?** The course is multi-media, including video clips from leading educators who explain why resiliency is so important, how the resiliency approach changed their educational practice and students’ lives, and an urban superintendent who provides examples of how this approach transformed his district. Each unit is anchored by a video segment by Nan Henderson. (You can view a sample of her video from the course at [www.resiliency.com](http://www.resiliency.com))

The course also includes 10 recent research and practical application-based articles; tools and assessments; application activities; an action planning segment; and additional resources. And it also has a detailed learning guide and facilitation guide.

**Why?** Fostering resiliency is synonymous with academic and life-success for “at risk students” and *for all students*, as well as educator satisfaction and effectiveness. It also brings families, schools, and communities together with a positive/strengths-based/hope-inspiring focus.

*“This course is absolutely the best approach I have seen to get everyone in the school community ‘on the same page’ with the necessary ‘buy-in,’ understanding, training and skills to increase resiliency and wellness and, thereby, dramatically improve student academic and life success and educator effectiveness, motivation, and satisfaction.” - Nan Henderson, M.S.W.*

**Additional resiliency information and articles are at [www.resiliency.com](http://www.resiliency.com)**



**This course has 10 units (1.5 hours per unit) including 10 recent articles by Nan Henderson:**

- 1. Introduction to Resiliency**  
*Reading: "Hardwired to Bounce Back"*
- 2. Understanding Resiliency**  
*Reading: "Finding the Faces of Resiliency: Protective Factors Foster 'Bounce-Back Kids'"*
- 3. Using the Resiliency Wheel to Succeed**  
*Reading: "The Resiliency Wheel as a Foundation of Academic and School Success"*
- 4. High Expectations**  
*Reading: "Checklist for Turnaround Teachers"*
- 5. Meaningful Student Engagement**  
*Reading: "It Takes a Student to Raise a Whole School"*
- 6. Connectedness and Bonding**  
*Reading: "Connectedness is Crucial: How Schools Can Provide 'Pro-Social Bonding'"*
- 7. Clear and Consistent Boundaries**  
*Readings: "Creating Clear and Consistent Boundaries: Resiliency-Building Approaches to School Discipline"  
"Publicizing the Positive About Kids May be the Best Prevention"*
- 8. Skills for Life**  
*Reading: "Teaching Skills for Life: Why, Where, and How to Best Do It"*
- 9. Promoting Resiliency in Schools and Communities**  
*Reading: "The Power of One Person: A Crucial Message for Every Educator, Family Member, Counselor, Neighbor, and All Caring Adults"*
- 10. Action Planning Activity (with references and resources)**