

7 Secrets of Resilience

Grit is not just having resilience in the face of failure; it's also having deep commitments that you remain loyal to over many years.

—Angela Lee Duckworth, p. 14

One of the most effective resilience-building actions is to dig for and reflect back to a student his or her strengths.

—Nan Henderson, p. 22

If we have someone who loves us—I don't mean indulges us—then it's easier to grow resilience.

—Maya Angelou, p. 10

To create hope, show students how to focus as much on the pathway as on the long-term destination.

—Maddie Witter, p. 61

Given trust and confidentiality, most adolescents have an intense desire to be heard by adults.

—Michael Sadowski, p. 28

We need to talk to students about what trying is—about what effort actually looks and feels like—so it doesn't just remain an abstract concept to them.

—Mark D. Jacobson, p. 40

Consistent, caring relationships can be powerful and curative, even for students who enter the classroom with significant emotional burdens.

—Allison Warshof and Nancy Rappaport, p. 34

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