



Notes

1) Making Connections: The Resilience Project

Resilience is the ability of a person to negotiate a safe path through life. When they lose balance they do not fall too hard. When they do fall, they develop creative ways of coping and becoming stronger.

Attributes of a resilient person

- Is an active participant in the school community where they are able to provide service to others
- Is able to implement effective life skills, decision making, assertiveness, impulse control and problem solving in a range of situations
- Is able to form positive social connections, is sociable and is able to be a friend
- Has a sense of humour
- Has self empowerment; identifies that they are able to influence their own environment
- Is autonomous, independent
- Has a positive view of the personal future
- Is versatile
- Has some form of spirituality; that is a belief and moral system
- Has capacity for a connection to learning
- Is self motivated
- Has personal competence
- Has positive sense of self worth, self confidence and identity

(Henry, 2007)

2) strategies

Each level 2 group will develop a strategy to take action to improve resilience by helping the students to feel that they are valued, connected or secure. This will make up the action for Task 2 of 2.3. The impact on wellbeing and the evaluation of the actions will look at the overall impact of the Making connections project on well-being.

The Level 3 Health classe does not have to carry out Health Promotion for their Summative assessment but are encouraged to contribute to a collective action to improve understanding and increase the quality of the collective action by involving more students.