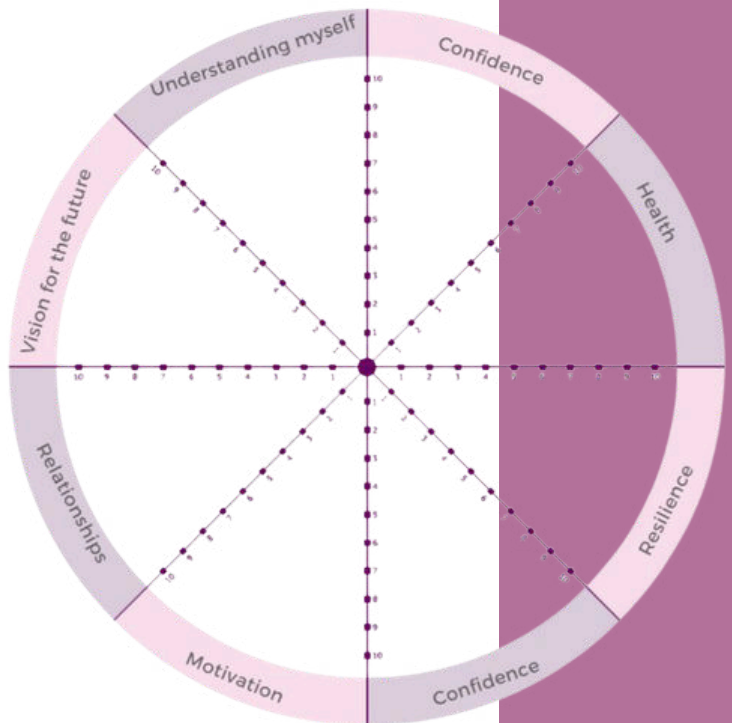


## Increasing student confidence, motivation and resilience

Being asked questions increases our self-awareness. Below are some tools that can be used with students to work towards becoming more motivated, confident, and resilient.

### Tool 1: Scaling

Ask your students to give themselves a score from 1-10 - reassuring them that there is no 'correct' 10/10 for any of these segments.



This can help them to acknowledge and identify what they might not be aware of because they do it all the time (e.g. dealing with difficult siblings; supporting/caring for a parent; completing homework in a shared bedroom) This highlights resilience they may not know they had.

## Tool 2 : Strengths Elicitation

Ask students to identify strengths that they know they have, and then drill down into each of those strengths, and highlight any perceived weaknesses they may wish to work on.

 <p><b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b></p> <ul style="list-style-type: none"> <li>Feels awe and wonder in nature</li> <li>Admires skills of others</li> <li>Inspired by the goodness of others</li> </ul>	 <p><b>BRAVERY</b></p> <ul style="list-style-type: none"> <li>Shows valor</li> <li>Accepts challenges</li> <li>Focuses difficulties</li> <li>Speaks up for what's right</li> </ul>	 <p><b>CREATIVITY</b></p> <ul style="list-style-type: none"> <li>Clever</li> <li>A Problem-solver</li> </ul>	 <p><b>CURIOSITY</b></p> <ul style="list-style-type: none"> <li>Interested</li> <li>Open to new ideas</li> </ul>	 <p><b>FAIRNESS</b></p> <ul style="list-style-type: none"> <li>Cares about what's right</li> <li>Treats others fairly</li> <li>Tries not to be biased against certain groups</li> </ul>	 <p><b>FORGIVENESS</b></p> <ul style="list-style-type: none"> <li>Gives others a second chance</li> <li>Accepts others' faults</li> <li>Doesn't hold grudges</li> </ul>
 <p><b>GRATITUDE</b></p> <ul style="list-style-type: none"> <li>Thankful</li> <li>Shows appreciation</li> <li>Feels blessed</li> </ul>	 <p><b>HONESTY</b></p> <ul style="list-style-type: none"> <li>Tells the truth</li> <li>Keeps promises</li> <li>Trustworthy</li> </ul>	 <p><b>HOPE</b></p> <ul style="list-style-type: none"> <li>Optimistic</li> <li>Expects the best</li> <li>Excited about the future</li> </ul>	 <p><b>HUMILITY</b></p> <ul style="list-style-type: none"> <li>Modest</li> <li>Puts attention on others</li> <li>Doesn't brag about accomplishments</li> </ul>	 <p><b>HUMOR</b></p> <ul style="list-style-type: none"> <li>Playful</li> <li>Enjoys bringing smiles/laughter to others</li> <li>Sees the funny side of things</li> </ul>	 <p><b>JUDGMENT</b></p> <ul style="list-style-type: none"> <li>A critical thinker</li> <li>Fact based and logical</li> <li>Open minded</li> </ul>
 <p><b>KINDNESS</b></p> <ul style="list-style-type: none"> <li>Caring</li> <li>Generous</li> <li>Compassionate</li> <li>Nice</li> </ul>	 <p><b>LEADERSHIP</b></p> <ul style="list-style-type: none"> <li>Encourages others</li> <li>Organizes groups</li> <li>Sets a good example</li> </ul>	 <p><b>LOVE</b></p> <ul style="list-style-type: none"> <li>Warm and genuine</li> <li>Prioritizes relationships</li> <li>A good listener</li> </ul>	 <p><b>LOVE OF LEARNING</b></p> <ul style="list-style-type: none"> <li>Excited to learn new things</li> <li>Masters new skills</li> </ul>	 <p><b>PRESERVERANCE</b></p> <ul style="list-style-type: none"> <li>Hardworking</li> <li>Overcomes obstacles</li> <li>Finishes what is started</li> </ul>	 <p><b>PERSPECTIVE</b></p> <ul style="list-style-type: none"> <li>Wise</li> <li>Gives good advice</li> <li>Sees the big picture</li> </ul>
 <p><b>PRUDENCE</b></p> <ul style="list-style-type: none"> <li>Careful</li> <li>Plans ahead</li> <li>Thinks about consequences before acting</li> </ul>	 <p><b>SELF-REGULATION</b></p> <ul style="list-style-type: none"> <li>Self-controlled</li> <li>Disciplined</li> <li>Manages feelings and actions</li> </ul>	 <p><b>SENSE OF MEANING</b></p> <ul style="list-style-type: none"> <li>Searches for meaning</li> <li>Feels a sense of purpose</li> <li>Feels interconnected with life</li> </ul>	 <p><b>SOCIAL INTELLIGENCE</b></p> <ul style="list-style-type: none"> <li>Understands others</li> <li>Aware of own feelings and thoughts</li> <li>Shows empathy</li> </ul>	 <p><b>TEAMWORK</b></p> <ul style="list-style-type: none"> <li>Loyal</li> <li>A team player</li> <li>Shows responsibility to groups</li> </ul>	 <p><b>ZEST</b></p> <ul style="list-style-type: none"> <li>Active</li> <li>Energetic</li> <li>Enthusiastic</li> </ul>

Get in touch today to discuss how we can help increase motivation and resilience for your students.

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