

# Resilience and Perseverance



Unit  
Me in the World



Length  
90 Minutes

## About This Lesson

To understand the importance of resilience at school and other areas of their lives student will identify skills and habits that support resilience, explore potential obstacles to success in their schoolwork, understand how they learn and remember information best to support their perseverance at school, and reflect on ways to improve work habits and skills for future success.

## Learning Objectives

By the end of this lesson, students will:

- identify skills, habits, and behaviors they need to learn successfully in high school
- explore potential obstacles to success in their schoolwork (such as lack of motivation, distractions, and lapses in self-confidence)
- plan how to develop positive study habits and behaviours

## Driving Question

How can I develop resiliency and perseverance?

## Future-Ready Skills

Time-management

Self-management

Self-advocacy

Self-confidence

Planning

Setting goals

## Lesson Breakdown

15  
minutes

### Activity 1 - Resilient Celebrities

Ask students if they know any celebrities or famous people from history who overcame adversity to become extremely successful, respected, and powerful despite their struggles? Call upon a few students to share their celebrity's story or get students to work in pairs to find an example online to share with the class. As a whole group, create a list of skills and habits these celebrities honed in order to succeed against the odds.

35  
minutes

### Activity 2 - Xello Lesson: Study Skills and Habits

Direct student to complete the Xello lesson: **Study Skills and Habits** where they will identify skills, habits, and behaviours they need to learn successfully in high school, explore potential obstacles to success in their schoolwork (such as lack of motivation, distractions, and lapses in self-confidence), and plan how to develop positive study habits and behaviours.

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## Xello Entry Point

Students should be familiar with their **About Me** profile before starting this lesson.

## Vocabulary

- Focus
- Motivation
- Organization
- Setting goals
- Prioritization
- Learning Styles
- Tactile learner
- Visual learner
- Auditory learner
- Multi-method learner
- Perseverance
- Resilience

## Ontario Career Studies

A1.1 demonstrate an understanding of the importance of resilience and perseverance in school, life, and work – why it is helpful to acquire skills for adapting to change, persevering in the face of adversity, learning from mistakes, and thinking positively about setbacks – and analyse how developing resilience and perseverance can help them in all areas of their lives

# Resilience and Perseverance



Unit  
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Length  
**90 Minutes**

**20**  
minutes

## Activity 3 - Learning Styles Assessment

In this activity, students will keep building their study skills and habits by completing the Xello's **Learning Styles** quiz to tap into how they learn and remember information best. As a class discuss: how might these results help you be resilient and persevere in this course?

**20**  
minutes

## Activity 4 - Work Habits Self-Assessment

In this activity, students will think realistically about how they did on a particular assignment or task to learn how to improve in the future. They will discover how resilience and perseverance are important to areas of their lives inside and outside of school. Students will then add and rate resilience and perseverance, based on their self-assessment, in the **Skills** section on their **About Me** profile.

## Activity 4 - Work Habits Self-Assessment



Unit  
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Length  
25 Minutes

### Inquiry Prompts

- What does it mean to be resilient?
- Why is failure important to learning?

### Teaching Strategies

In this activity, students will think realistically about how they did on a particular assignment or task to learn how to improve in the future. They will discover how resilience and perseverance are important to areas of their lives inside and outside of school. Students will then add and rate resilience and perseverance, based on their self-assessment, in their **Skills** section on their **About Me** profile.

- 1 Provide the [instructions](#) on the next page to your students.

### Materials Required

- [Student Instructions](#)
- Computer or tablet with internet access
- [Work Habits Self-assessment worksheet](#)

### Artifacts

Students will upload a copy of their Work Habits Self-assessment worksheet to their Xello **About Me Storyboard**, then add and rate resilience and perseverance in the **Skills** sections on their Xello **About Me** profile.



### Culminating Project Tip

Add your students' questions about resiliency to the discussion guide. For example: Can you tell me about a time in your career where you had to overcome a challenge?

## Work Habits Self-Assessment

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### Student Instructions

In order to develop resilience, it's important to be realistic about setting and striving towards goals, learning from one's mistakes, and trying again. Think about a time you learned a new skill outside of school. What helped you persevere? How did you demonstrate resilience when it was challenging?

- 1 Now think about a particular school assignment or task and complete the **Work Habits Self-assessment worksheet** from your teacher.
- 2 Upload a copy of your self-assessment to your Xello **About Me Storyboard**
- 3 Based on your self-assessment, add and rate resilience and perseverance in your **Skills** section on your Xello **About Me** profile.