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Developing Resiliency In Students
By Janet Costello-Plummer

**Big Ideas:**
- I know how to manage my stress, anger, and conflict in positive ways
- I can demonstrate healthy communication using I-messages
- I can use the decision making process to solve problems

**Rationale:**
Many disadvantaged students lack key characteristics and attributes related to resiliency that help them thrive socially, emotionally, and academically.

“Half of all poor students of color drop out of school”

Oregon’s high school graduation rate: 72%

“Many poor children simply do not have the repertoire of necessary social-emotional responses for school”

**Findings:**
- Teacher-Student Relationships
- Positive Climate
- Learner-Centered
- Protective Factors

**Strengths:**
Research based

**Weaknesses:**
Never been tested

**Future Research:**
Engagement strategies

**What the research says...**

**Bernard (1993)**
1. Social Competence
2. Problem Solving
3. Autonomy
4. Sense of Purpose and Future

**Payton et al. (2000)**
1. Social Interaction Skills
2. Responsible Decision Making
3. Awareness of Self and Others
4. Positive Attitudes and Values

**References:**


