

STRATEGY #10: RESILIENCE

Resilience and grit are non-cognitive skills that influence student success. The idea that educators should be teaching grit and self-control along with academic instruction has caught the attention of educational researchers.



THREE EASY THINGS YOU CAN DO:



**BROUGHT TO YOU BY
THE TEACHING AND
LEARNING CENTER: LLR
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For more information on
helping students practice
resilience:

<https://www.theatlantic.com/magazine/archive/2016/06/how-kids-really-succeed/480744/>

1. Help students have a sense of belonging, independence, and growth at Moorpark College by directing them to resources that support their mental and emotional health.
2. Encourage students to take advantage of the resources available at the Health Center: <http://www.moorparkcollege.edu/departments/student-services/healthcenter/our-services>
3. Create opportunities for students to reflect on their progress in the class and towards their academic and personal goals.