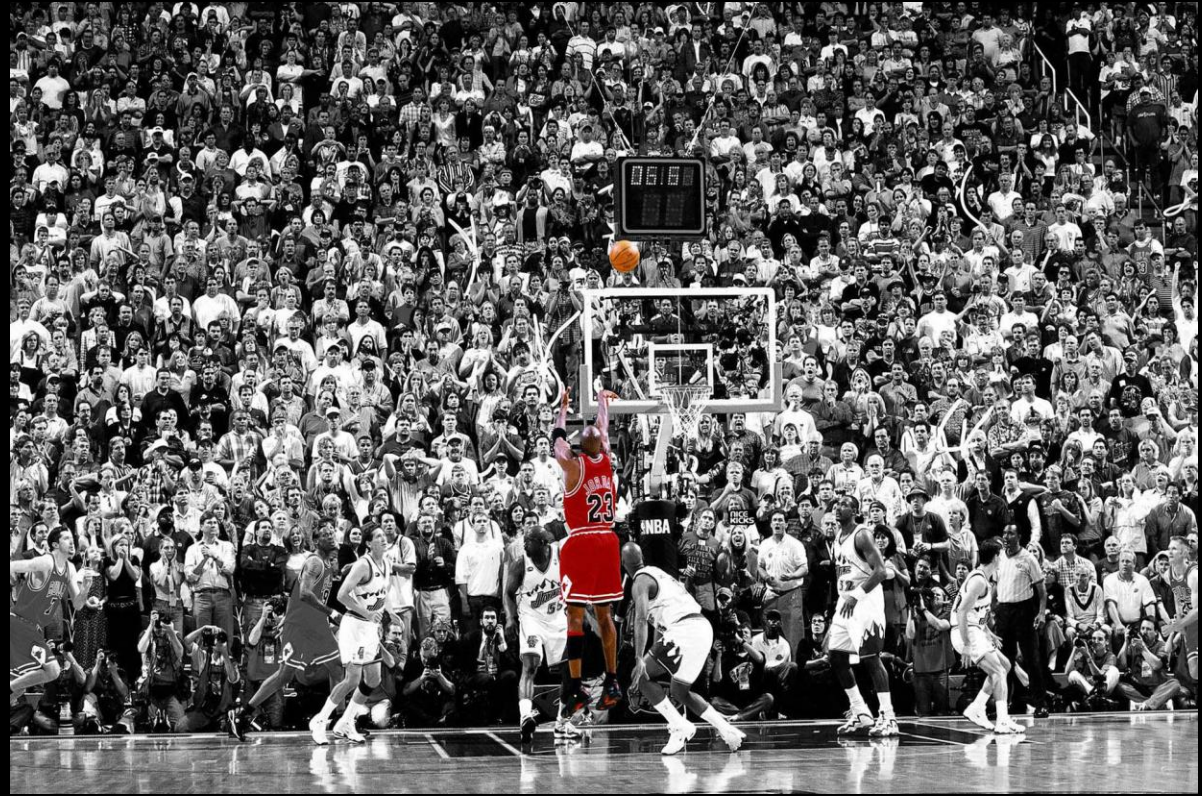
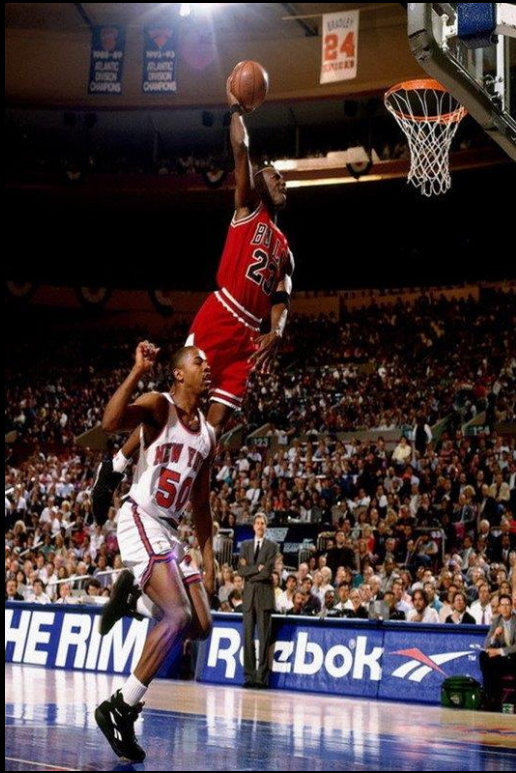


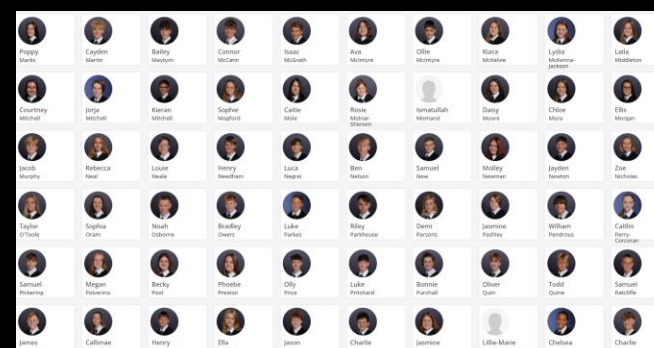
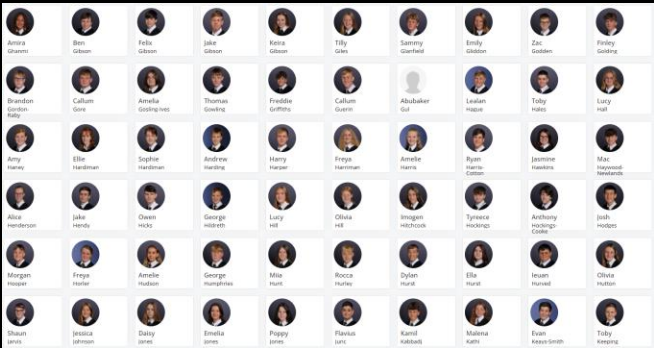
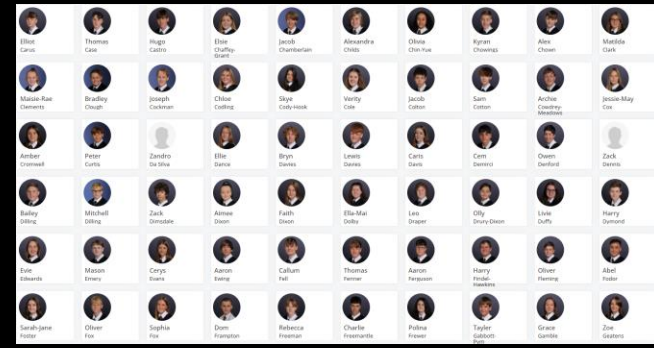
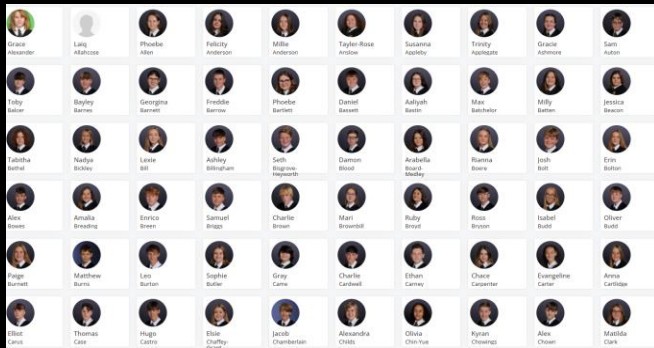
Resilience

A resilient person:

- Overcomes challenges and problems
- Stays positive, and can motivate themselves (and others) to keep going
- Remains organised and focused when things go wrong
- Responds constructively to problems and criticism



- Cut from High School Basketball Team
- Missed over 9,000 shots
- Lost almost 300 games
- Entrusted with game winning shots 26 times, and missed
- Failed, over and over again... and that's why I succeed



You are resilient!

GCSE

RESULTS

Examination Results by Candidate Report
Jessica Louise

Class: 11T Year: 11

EDUCDEL	GCSE	Cat	GCSE FC	18A04H	MATHEMATICS A (LINEAR) OPTION H	Result	Endorsement
AGA	LINE	GCSE-B	413001	APPLIED BUSINESS ST UNIT 1	088	B	
AGA	LINE	GCSE-B	413002	APPLIED BUSINESS ST UNIT 2	083	B	
AGA	LINE	GCSE-B	413003	BUSINESS STUDIES UNIT 2	040	A	
AGA	DMT	GCSE-FC	4133	BUSINESS STUDIES UNIT 3	040	A	
AGA	DMT	GCSE-FC	4401	BUSINESS STUDIES	0181	A	
AGA	DMT	GCSE-FC	4402	BIOLOGY	0315	B	
AGA	DMT	GCSE-FC	4403	CHEMISTRY	0315	B	
AGA	DMT	GCSE-FC	4403	PHYSICS	0299	B	
AGA	LINE	GCSE-B	4885H	GERMAN UNIT 1 TIER H	043	B	
AGA	LINE	GCSE-B	4885H	GERMAN UNIT 2 TIER H	047	B	
AGA	LINE	GCSE-B	4885H	GERMAN UNIT 3	085	A	
AGA	DMT	GCSE-B	4884A	GERMAN UNIT 4	077	A	
AGA	DMT	GCSE-FC	4884	GERMAN	0207	A	
AGA	DMT	GCSE-FC	4787	ENGLISH LANGUAGE	0231	B	
AGA	LINE	GCSE-B	9020H	GEOGRAPHY A UNIT 1 TIER H	118	A	
AGA	LINE	GCSE-B	9030H	GEOGRAPHY A UNIT 2 TIER H	123	A	
AGA	DMT	GCSE-FC	9030	GEOGRAPHY A UNIT 3	083	A	
AGA	DMT	GCSE-FC	9032	GEOGRAPHY A	0234	A	
AGA	LINE	GCSE-B	9715H	ENGLISH LITERATURE UNIT 1H	060	B	
AGA	LINE	GCSE-B	9715H	ENGLISH LITERATURE UNIT 2H	061	A	
AGA	DMT	GCSE-FC	9713	ENGLISH LITERATURE UNIT 3	040	A	
OCR	LINE	GCSE-B	A110	ART & DESIGN: ART & DESIGN PORTFOLIO	0173	A	
OCR	LINE	GCSE-B	A100	ART & DESIGN: ART & DESIGN OCR-SET	084	B	
OCR	LINE	GCSE-B	A401	ART & DESIGN: ART & DESIGN OCR-SET	083	B	
OCR	LINE	GCSE-B	A402	COMPUTING: CMPTN SYSYMS & PROGRAMING	100	A	
OCR	LINE	GCSE-B	A402	COMPUTING: CMPTN SYSYMS & PROGRAMING	085	B	
OCR	LINE	GCSE-B	A402	COMPUTING: PRICTEL INVTOTN PRT MCD	085	B	
OCR	LINE	GCSE-B	A402	COMPUTING: PRICTEL INVTOTN PRT MCD	085	B	
OCR	LINE	GCSE-B	8509	REL STUDIES: BUDDHISM 1	028	B	
OCR	LINE	GCSE-B	8571	REL STUDIES: BUDDHISM 1	028	B	
OCR	LINE	GCSE-B	8571	REL STUDIES: CHRISTIANITY 1	028	B	

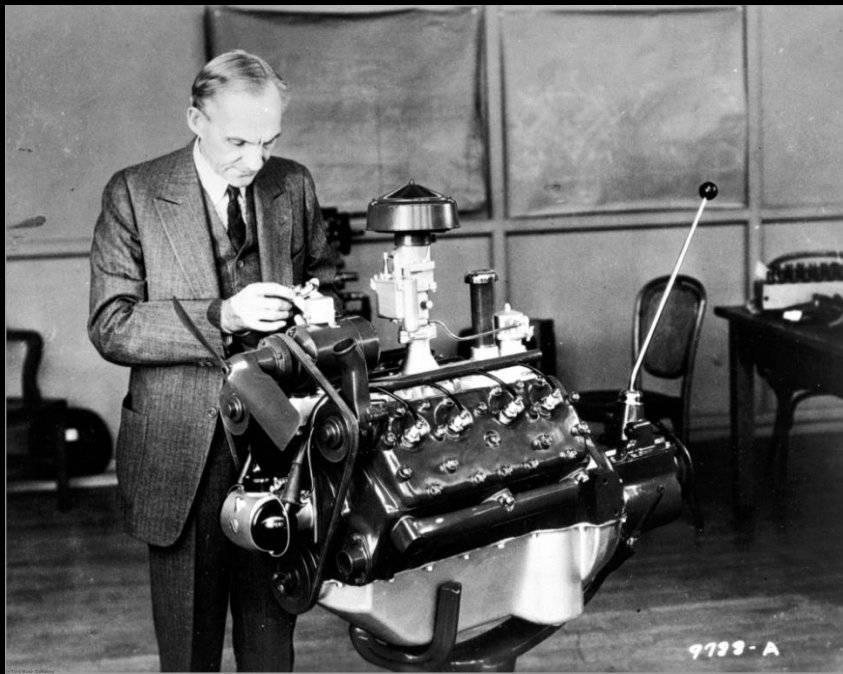
What are you aiming for?

Fear of Failure



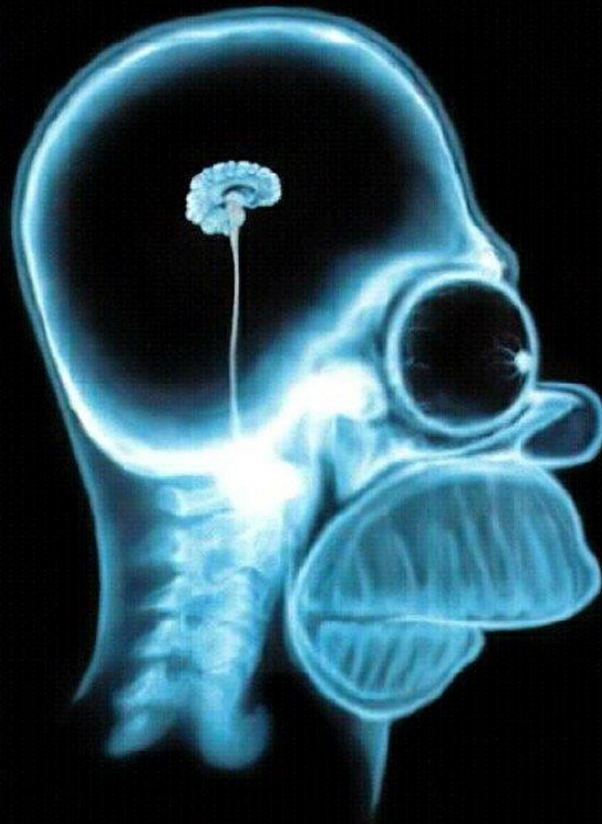
Your best is good enough!

“Whether you think you can or you can’t, you are right.”



Henry Ford - American industrialist and founder of the Ford Motor Company

We all have our doubts and bad days...



“It is our choices that show what we truly are, far more than our abilities.”



J. K. Rowling - British novelist and author of the Harry Potter fantasy series which have won multiple awards and sold more than 400 million copies worldwide

Build Learning Resilience

1. Understand – lessons & at home - independence!
2. Summarise – already done for you
3. Memorise – self quiz, practice, review
4. Apply – Exam Questions



Reflect upon...

S = Situation: Consider the what, why and when

T = Task: Identify what is needed to be done or what you did

A = Action: Describe what you need to do / did

R = Results: Describe what want to achieve / happened as a result of your actions

E.G.

- You missed a deadline (think about what you learnt, how you dealt with it, were you honest and accountable? And what you can do to make sure it doesn't happen again)
- A time when you fell out with a friend or someone.
- When you had to start something all over again, how did you handle it?
- When you received disappointing feedback/grades. How did you feel? Did this make you change your behaviour / approach and how?



Train yourself to be more resilient – be a STAR

S = Situation: Consider the what, why and when

T = Task: Identify what is needed to be done or what you did

A = Action: Describe what you need to do / did

R = Results: Describe what want to achieve / happened as a result of your actions