



Brave Steps, Bright Horizons: Teacher Strategies for Supporting Resilience in English Language Learners



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Agenda

- Challenge
- Strategy #1: Feel confident and capable
- Strategy #2: Connecting to purpose and personal values
- Strategy #3: Build Positive Social Connections
- Strategy #4: Deal (positively) with negative feelings



Challenge



Resilient Responses



Confident and Capable

Connected to Purpose and Values

Socially Connected

Deal Positively with Negative Emotions

Feel Confident and Capable

$$x + 6 = 10$$

$$2 + y = 9$$

$$b - 4 = 14$$

$$\frac{x + 4}{3} = 6$$

$$\frac{y - 5}{8} = 20$$

$$\frac{b + 12}{10} = 4$$

$$\frac{2x}{x-1} + \frac{3x}{x+1} = \frac{1}{x}$$

$$\frac{7y}{y+1} + \frac{y}{2y-4} = \frac{4}{y}$$

Feel Confident and Capable

Fixed mindset

Growth mindset

I give up—I can't make this any better.

I keep making mistakes, I can't do this.

I'll never be good at this, I will always find this hard.

I'm finding this hard, but with time and effort I can improve.

Mistakes help me learn.

I can improve if I keep trying.

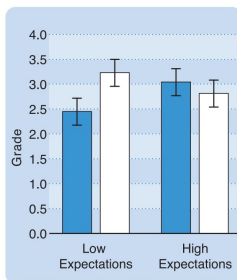
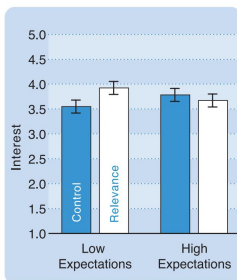
Connecting to Purpose and Values

Control

Summarize the main parts of this topic/concept.

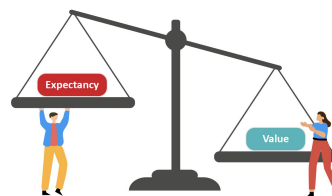
Relevance

Apply this topic/concept to your life, or to the life of someone you know. How might the information be useful to you, or a friend/relative, in daily life? How does learning about this topic apply to your future plans?



Connecting to Purpose and Values

Motivation is about direction and amount of resources



Connecting to Purpose and Values

- Students often feel like the *context* of their learning is divorced from the rest of their lives. The learning context may feel threatening.
- Being able to *affirm* themselves in this context, by connecting their values and other core aspects of who they are, has been found to help students.

Self-Affirmation Example

→ GIFT PLAYBOOK

NAME: _____

My Values

CharacterLAB

Read this list of values and think about each one. Circle 2 to 3 that are most important to you.

- Athletic ability
- Art and literature
- Creativity, discovering, or inventing things to make a difference in the world
- Independence
- Kindness and generosity
- Living in the moment
- Membership in a social group (such as your community, racial group, or school club)
- Music
- My community
- My moral principles
- Nature and the environment
- Relationships with friends and family
- Sense of humor
- Success in my career
- Other: _____

In a few sentences, describe why the selected values are important to you. Focus on your thoughts and feelings, and don't worry about spelling, grammar, or how well-written it is.

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Build Social Connection



How to help students build connections

- Set expectations
- Script interactions
- Build time for connections into class
 - Consider the structure of the task
 - Make the content about *connecting*, not just working together

Deal Positively with Negative Emotions



Deal Positively with Negative Emotions

- Instructor tips:
 - Help *students* set classroom norms
 - Be honest and explicit
 - Help students reflect
 - Call out (unhelpful) comparisons

Conclusion





For more, check out the Resilience Hub!

www.macmillanenglish.com/brave-steps-bright-horizons