

Resilience and perseverance



Unit
Me in the world



Length:
110 minutes

About this lesson

Students will learn the value of resilience at school and in other areas of their lives. They will identify skills and habits that build resilience. They will explore potential barriers to success and they will relate learning styles to success at school. They will also 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 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)
- plan how to develop positive study habits and behaviours

Driving question

How can I develop resilience 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. Invite 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.

55
minutes

Activity 2: Xello Lesson: Study skills and habits

Direct students to complete the Xello lesson: **Study skills and habits** where they will identify skills, habits, and behaviours they need to learn successfully in 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.

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 these results might help you be resilient and persevere in school.



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 analyze how developing resilience and perseverance can help them in all areas of their lives

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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 2: Xello Lesson: Study skills and habits



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Length:
55 minutes

About this activity

In the first activity students created a list of skills and habits celebrities and famous people honed in order to succeed against the odds.

In this activity, students will complete the **Study skills and habits** lesson in Xello, where they will identify skills, habits, and they need to learn in 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 behaviors.

Inquiry prompts

- What are some good study skills and habits?
- What techniques do you use when studying for a test?
- Do you think people can improve their study skills? How?
- What academic goals do you have? How will changes to your study habits help you achieve them?
- How can good study skills and habits help you even beyond school?

Before you begin

Before diving in with your students:

1. Create a copy or download the [Study skills and habits slide presentation](#) to use as a helpful teaching aid before and after the Xello lesson.
2. Review the slides (including the speaker notes section) for suggested discussion strategies and prompts.
3. Update slide 5 of the presentation with your students' Xello sign in format. If you don't know your students' Xello login format check out for support.

Teaching strategies

Use the following strategies to set your students up for success:

- 1 Before students start the Xello lesson, take 5 minutes to have them review and consider the inquiry prompts from the **Warm up** activity slide of the [Study skills and habits slide presentation](#), or choose your own. Advise students to keep these questions in mind as they complete the lesson. You will revisit these questions with them in the **Exit activity** afterwards.
- 2 Help your students log in to their Xello account. Project your screen as you model how to navigate to the lesson using your demo student account. From the student dashboard, click on a lesson to get started. If the lesson you want isn't visible, access it by selecting **View all lessons** below the lesson shown.
- 3 Students finished early? If students have time after completing the Xello lesson, encourage them to add and rate (or update) their study skills in the **Skills** section of Xello.

Materials required

- Computers or tablets with internet access
- Whiteboard/projector
- [Study skills and habits slide presentation](#)

Prerequisites

- None

Artifacts

Students will complete the Xello lesson: **Study skills and habits**.

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Activity 2: Xello Lesson: Study skills and habits



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Length:
55 minutes

- 4 Once students have completed the Xello lesson, return to the [Study skills and habits slide presentation](#) to have students revisit the inquiry prompts you posed at the beginning of class.
- 5 **Classroom discussion strategy: Round robin:** Lead a round robin style discussion in which each person shares their answer to the first inquiry prompt: What are some good study skills and habits?

OPTIONAL: Document the responses. Is there a clear consensus in the class?

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Activity 4: Work habits self-assessment



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Length:
25 minutes

Inquiry prompts

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

Before you begin

- Ensure students have access to the Work habits self-assessment worksheet.

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 a Xello **Portfolio**, 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

Student instructions

To build resilience, it's important to set goals you can achieve. Learn from your mistakes, and try again if things don't go to plan. 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 a Xello**Portfolio**. On your student dashboard, select **Portfolios**, then select **Add portfolio**. Title your portfolio **Work habits** and include a short description in the text box. Select **Create portfolio**. Add a section to your portfolio using the title **Work habits self assessment**. Select **External media**, then **Next** and upload your **Work habits self assessment** to your portfolio.
- 3 Based on your self-assessment, add and rate resilience and perseverance in your **Skills** section on your Xello **About me** profile.