
Resilience Stories

AFTER completing the Resilience Quotient Assessment and the rest of this week's reading, reflect on experiences you've had that involve at least one of the resilience skills as described by Reivich and Shatté.

Identify at least one experience associated with each of these skills, and be prepared to tell a story about one of them to a small group of your classmates in this week's class. You will have *complete control* over which story you tell, but I want you to reflect on a wide range of relevant experiences.

Use this sheet to identify these experiences, and give each story a title to help you remember it.

Resilience Skills	Story Title
<i>Emotion Regulation</i>	
<i>Impulse Control</i>	
<i>Optimism</i>	
<i>Causal Analysis</i>	
<i>Empathy</i>	
<i>Self-Efficacy</i>	
<i>Reaching Out</i>	

You'll be working with one of your partners in small groups of 6, and you'll have 4 minutes to tell your story. The class schedule will require us to stay on time, so be sure to take no longer than 4 minutes.