

How to Build Resiliency through Creative Academic Problem Solving

Elizabeth Gianulis, Director of MTSS

Resilience

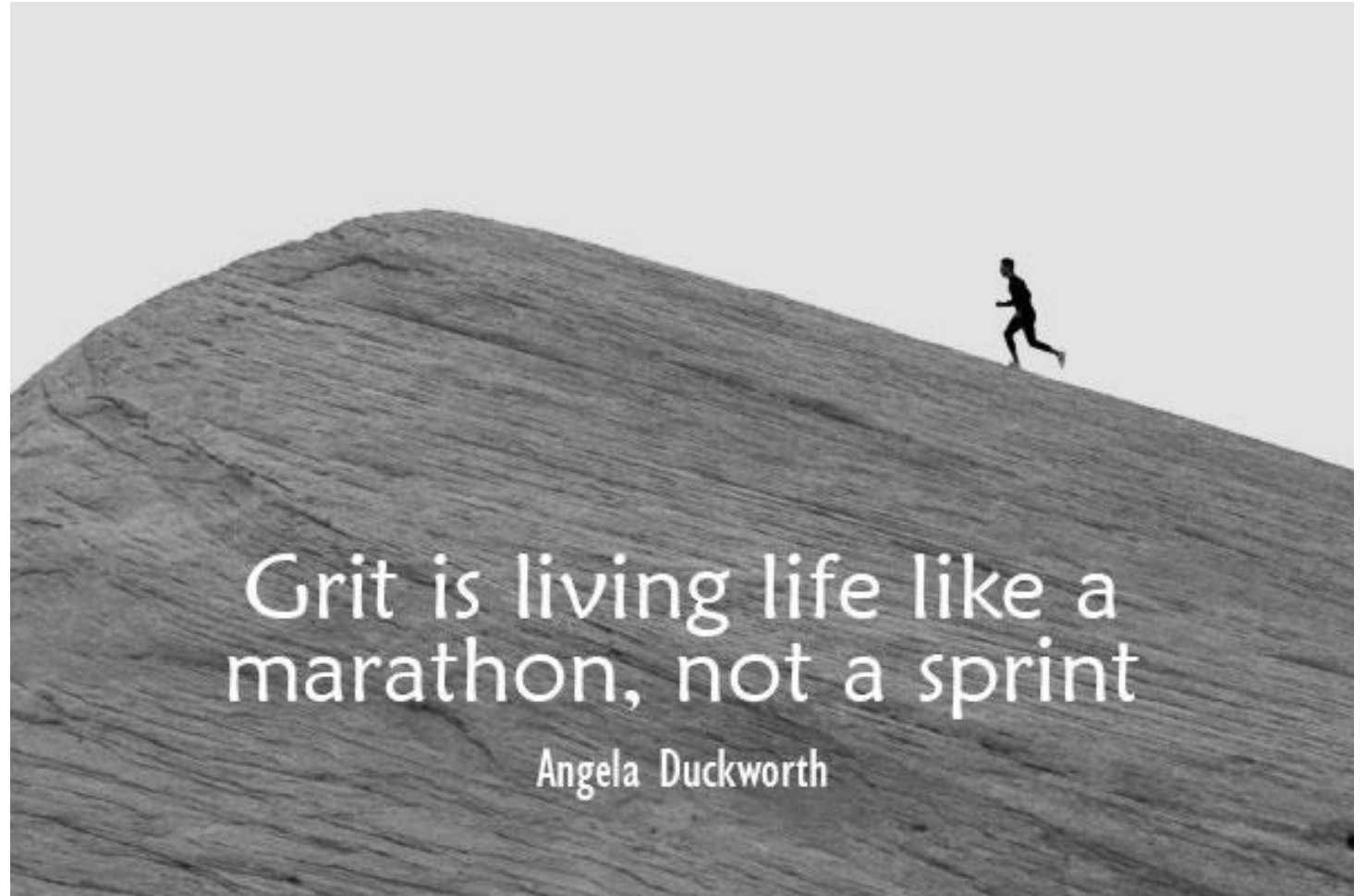
The ability to
tackle adversity
and emerge
stronger than
before



Grit

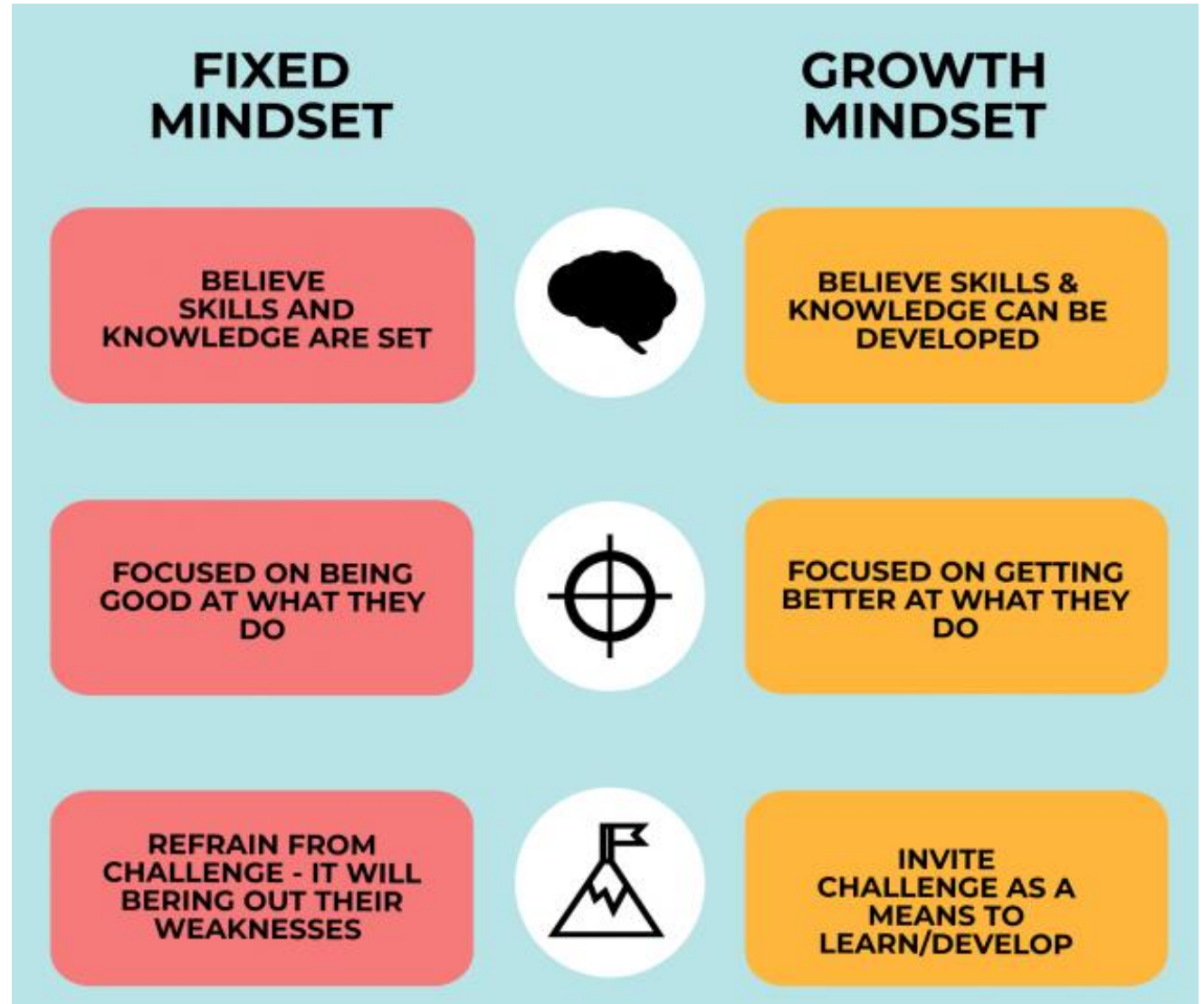
Passion and perseverance for long term goals


- Sustain interest and effort
- Persist and persevere when you face challenges for things you are passionate about



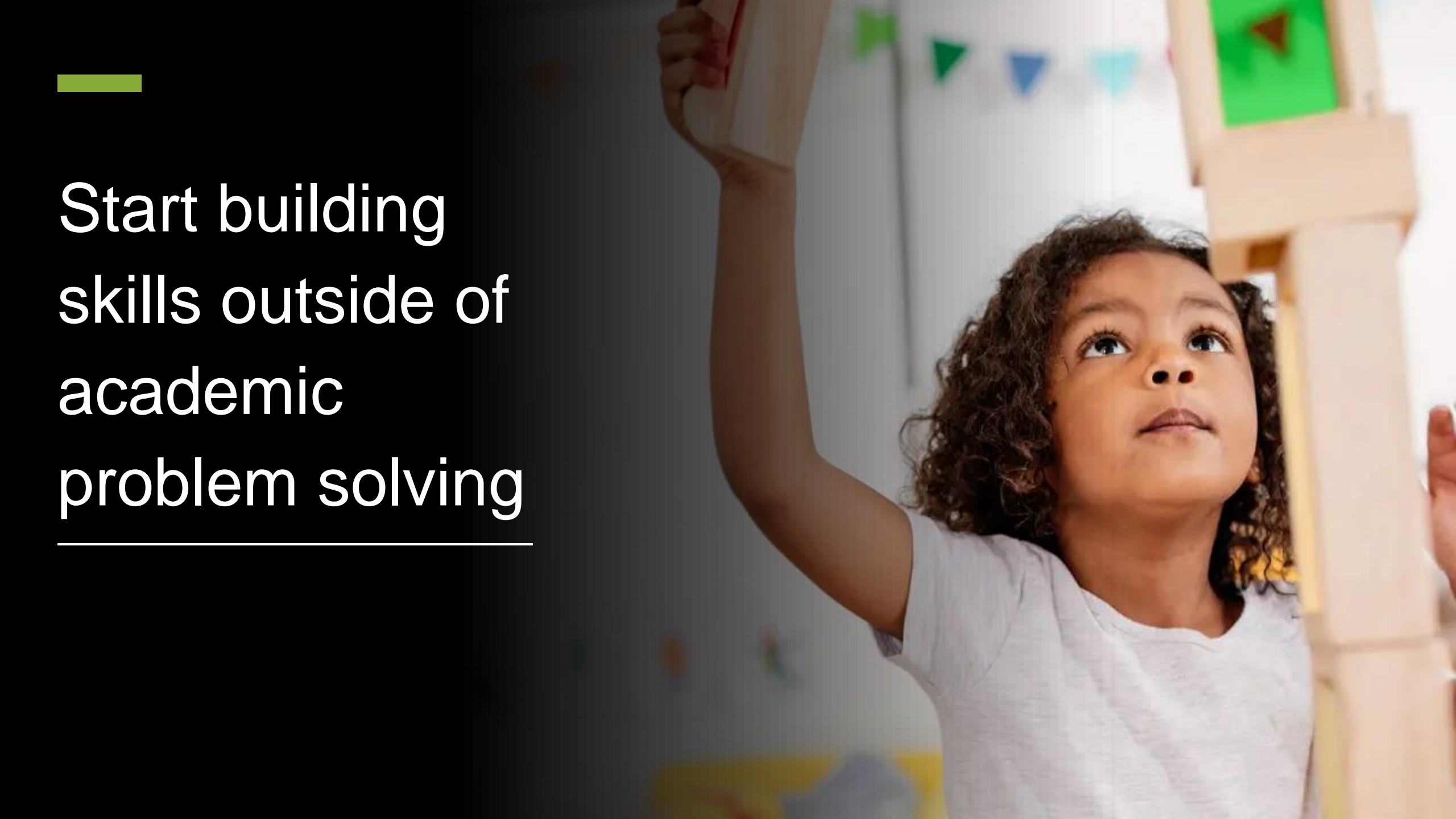
Growth Mindset

Belief that most basic abilities including intelligence can be developed through dedication and hard work





How do I build
resiliency through
creative academic
problem solving?



Start building
skills outside of
academic
problem solving

A top-down view of a person's feet wearing light-colored ballet slippers on a wooden floor. The slippers are tied with ribbons, and the person is wearing light-colored socks. The text is overlaid on the left side of the image.

FIND AT LEAST ONE
EXTRACURRICULAR ACTIVITY FOR
YOUR CHILD TO PURSUE LONG
TERM

SHARE STORIES OF PEOPLE WHO PERSEVERED

- 5,127 = Number of failed, vacuum prototypes created by James Dyson
- 10,000 = Number of failed attempts by Thomas Edison to create the electric lightbulb



Build a Growth Mindset

Help

Help children understand that the brain works like a muscle

Avoid

Avoid telling your child that he/she is "smart."
• Be specific with praise

Praise

Praise the process—effort, hard work, **creative problem solving**

Encourage

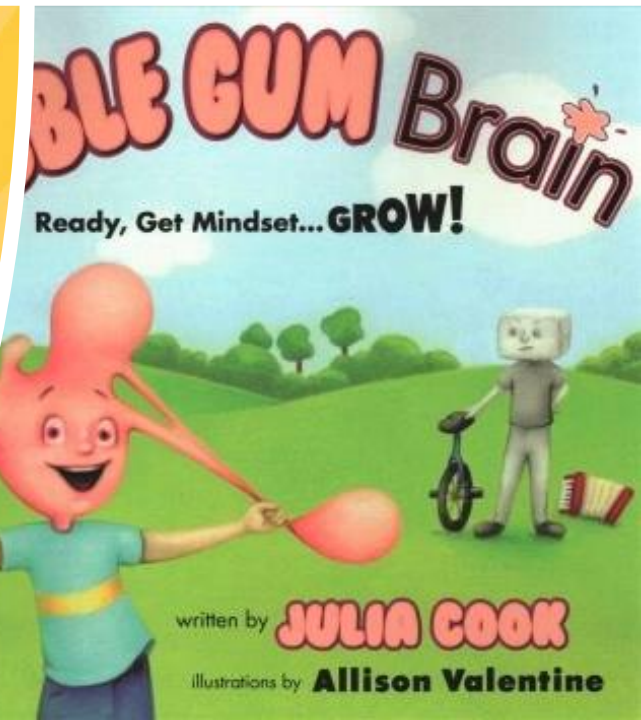
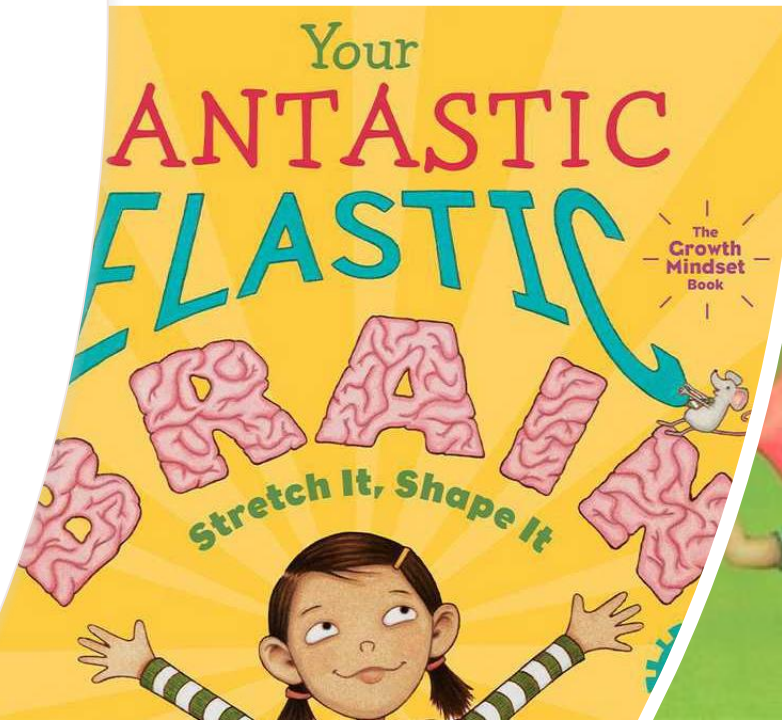
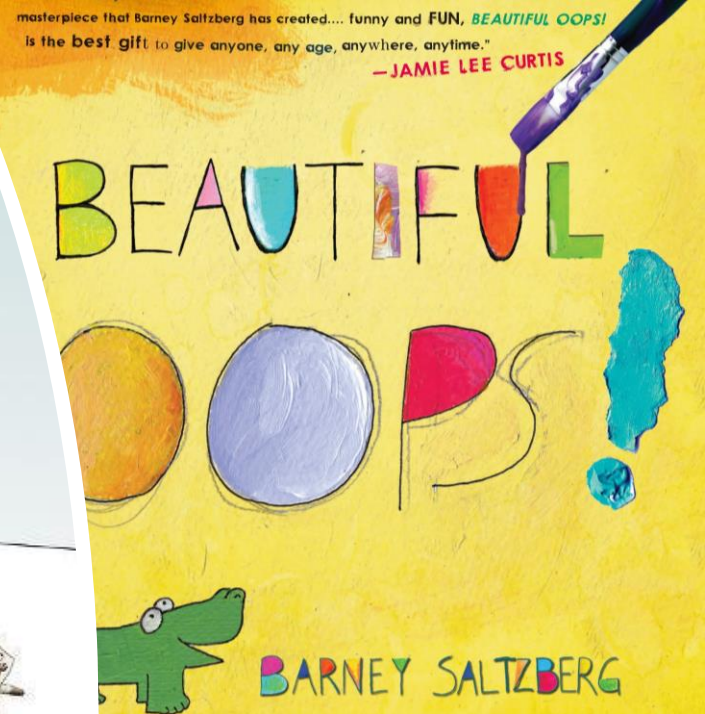
Encourage a healthy attitude to failure and challenge

Use

Use the word "yet"

Read & Discuss Books about Growth Mindset & Creative Problem Solving

- *Your Fantastic Elastic Brain: Stretch It, Shape It* by JoAnn Deak, Ph.D
- *Bubble Gum Brain* by Julia Cook
- *The Most Magnificent Thing* by Ashley Spires
- *Beautiful Oops!* By Barney Saltzberg



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**ALLOW YOUR
CHILD TO
STRUGGLE
AND TAKE
RISKS**



Encourage and Praise Creative Problem Solving



Allow your child to struggle with support



Encourage him/her to think or try other options



Praise effort and attempts at choosing other solutions



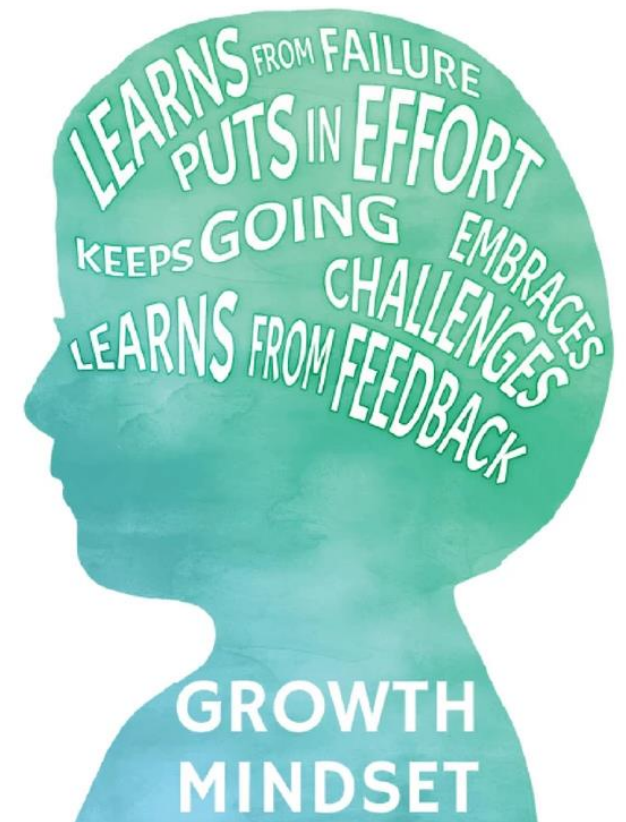
Provide guidance as needed



Stay calm and offer breaks as needed

Questions that Reflect on Growth & Creative Problem Solving

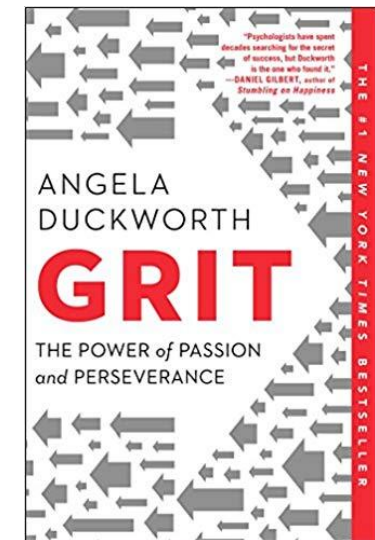
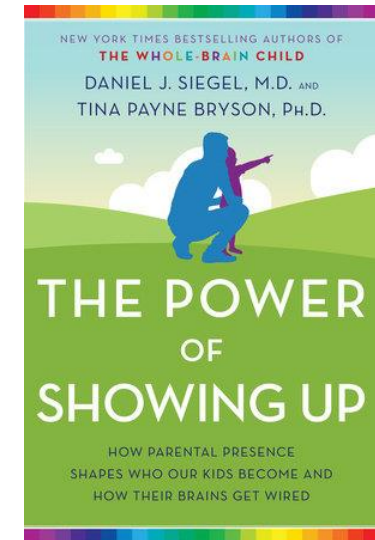
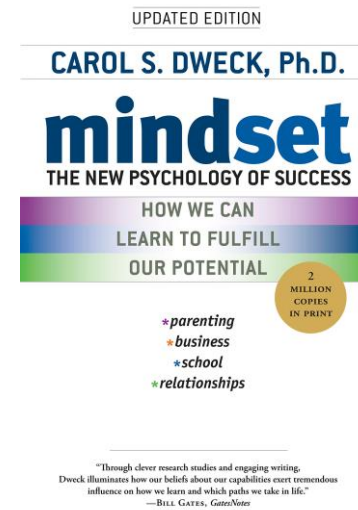
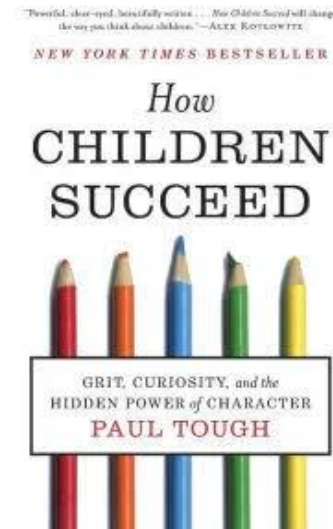
1. What did you learn from this task? In what way was it difficult?
2. Did you make any mistakes? What did you learn from them?
3. If you had to start all over again, what would you do differently?
4. What advice would you give another child just starting this task?



- Carol Dweck (2015)

Recommended Books

- *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character* by Paul Tough
- *Mindset: The New Psychology of Success* by Carol Dweck
- *The Power of Showing Up* by Daniel Siegel and Tina Payne Bryson
- *Grit* by Angela Duckworth



Questions?

