



SkillsUSA®

**Career
Essentials:
*Foundations***





Bouncing Back and Bouncing Forward

Personal Skills: Adaptability

- Essential Questions
 - What is resilience?
 - How is resilience greater than simply coping?
 - Why is resilience important in the work place?
 - How do I become resilient?
 - How do I help others be resilient?



Bouncing Back and Bouncing Forward

Personal Skills: Adaptability

- Students will understand...
 - Resilience is more than just coping; individuals push forward with a plan of action.
 - Resilience requires flexible thinking, seeing different perspectives, and having a plan B.
 - Having meaningful connections with people will assist in developing resiliency.
 - Resilience is important in the workplace in order to manage stress and ensure longevity in the position.



Bouncing Back and Bouncing Forward

Personal Skills: Adaptability

- Students will know...
 - Importance of resilience
 - How to accept challenges and obstacles as learning opportunities
 - Value of a strong support system



Bouncing Back and Bouncing Forward

Personal Skills: Adaptability

- Students will be able to...
 - Define and explain the importance of resilience.
 - Demonstrate turning a challenge into an opportunity for learning.
 - Identify six key support group members.



Personal Skills: Adaptability



Describe a time when you overcame an obstacle or challenge.





Personal Skills: Adaptability

Living Beyond Limits



If play prompt does not appear, please click in the center of the slide.



- What obstacles or challenges did Amy face?
- How did she overcome those obstacles?
- How do you react when you are met with unforeseen challenges and obstacles?



Objectives:

- Define and explain the importance of resilience.
- Demonstrate turning a challenge into an opportunity for learning.
- Identify key support group members.





Personal Skills: Adaptability



Resilience

The ability to become strong, healthy, or successful again after something bad happens.





RSVP Card prompts:

- What is your opinion about how this relates to your life?
- What is one fact that really struck you?
- What question do you have about this information?
- What is something that contradicts what you previously thought about the subject?



Personal Skills: Adaptability



- Why does it matter?
- Why is resilience important?

