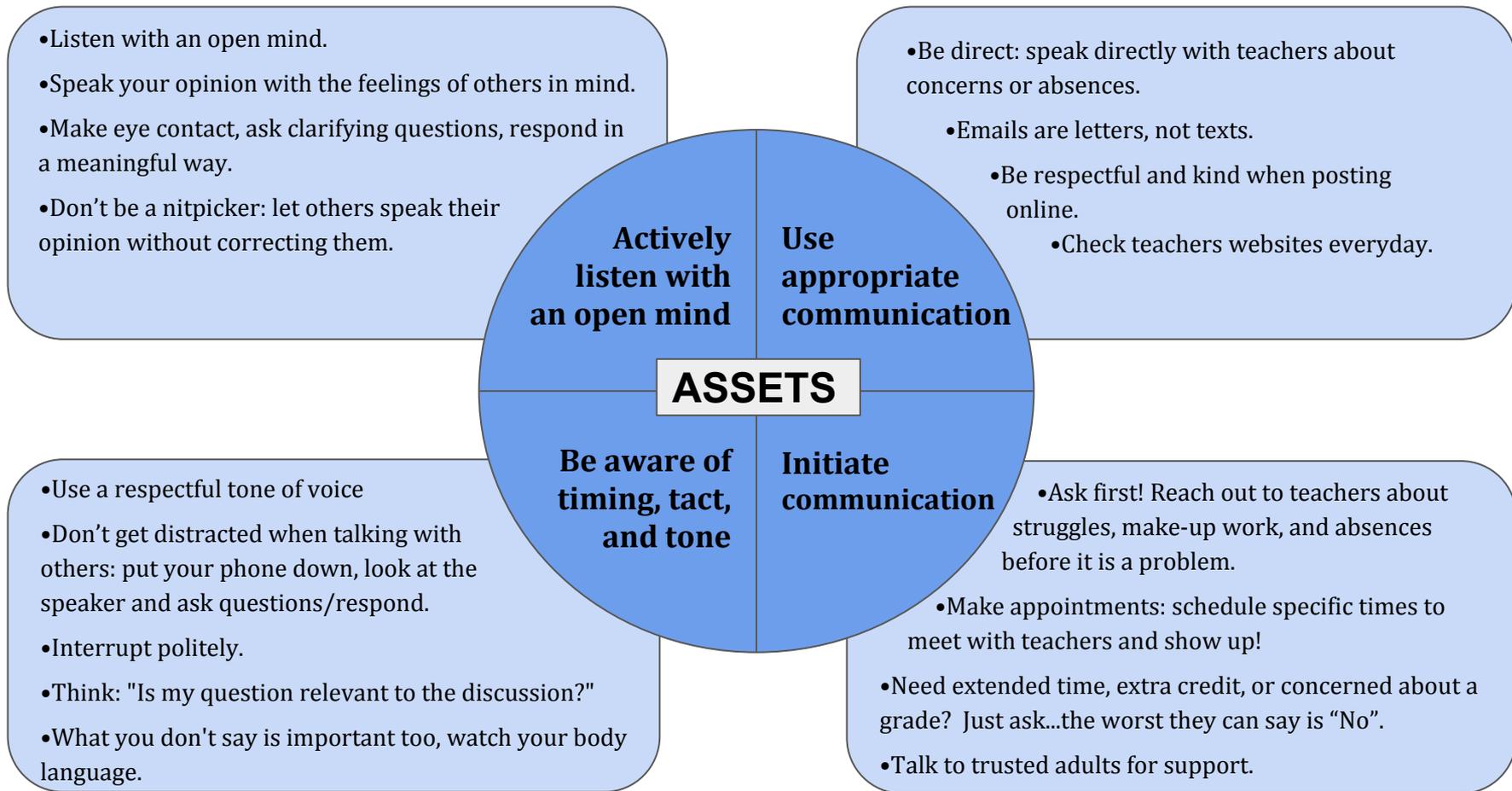


# Communication Goals and Assets: Grade 9 and 10



# Resiliency Goals and Assets: Grade 9 and 10

- The space between failure and perfection is where we make the most progress as learners. Keep trying!

- Be specific about what you are struggling with: “I’m having trouble with \_\_\_\_”. Don’t use general terms like “I can’t do this.”

- Recognize when you are using excuses to avoid a struggle and change your approach.

- Don’t be afraid to ask! You’re probably not the only one confused or unsure.

- Create a healthy balance of commitments based on what you value; fit what is important to you in without neglecting your responsibilities.

- Struggling to manage it all? Seek out your Counselor, Dean, parents, or a trusted teacher for help.

**Productive struggles are necessary to learn**

**Practice patience as you learn**

**ASSETS**

**Set goals and develop a healthy plan for success**

**Begin to identify your values and beliefs**

- Don’t over book yourself! Make sure you schedule yourself for success.

- Make realistic choices around course selections and activities with help from your parents and the school. Talk with them regularly to assess your commitments.

- You don’t have to do it all. Life is all about balance!

- Talk about your successes and struggles with your parents and the school.

- Think about what you value in life and try to make decisions based on these values.

- Work on seeing mistakes as part of the learning process and take time to reflect on your personal mistakes with others.

- Identify personal risks and talk with others about them.

# Communication Goals and Assets: Grade 11 and 12

- Don't be the only voice! Invite others to share opinions & ideas.
- Use respectful responses: *"Oh, I see what you mean."* *"Ok, that makes sense."* *"I never thought of it that way."*
- Show respectful body language: make eye contact, lean toward speaker, & put your phone away. Crossing your arms and looking away says, *"I don't care about what you're saying."*

**Cooperate in  
group  
discussions**

**Communicate  
with  
confidence**

**ASSETS**

**Develop your  
own opinions  
through  
participation**

**Identify and  
use your  
support  
network**

- Ask questions to learn more.
- Ask others what *they* think.
- If you disagree, be **respectful!**
- If you offend someone, **apologize...**
- It's ok to "agree to disagree"

Communicate with **confidence and respect:**

- Enlist your teacher's help to discuss a grade, assignment deadline, or absence.
- Enlist the help of the Department Leader if you need help talking with a teacher.
- Enlist the help of your dean with an attendance issue.

- Think: Do I need an adult's help?
- Who do you trust?
- Share any concerns, conflicts, and confusion with a teacher, school counselor, or dean. We are all here to support you!
- Encourage your friends to do the same!

# Resiliency Goals and Assets: Grade 11 and 12

- Exercise “stick-to-it-iveness”.
- Tackle challenging problems; try different approaches.
- The space between failure and perfection is where we make the most progress as learners. Keep trying!
- Remember that the point is not always to get the right answer, but to learn how to learn!
- Use your supports if you get stuck.

**Remember:  
productive  
struggle is part  
of learning**

**Be flexible  
when setting  
goals**

- Embrace challenges; working to meet them is the only way to grow!
- What do you hope to accomplish? Strive to **balance** work and fun, as well as what you *need* with what you *want*.
- Think before doing: How will this choice impact my personal goals?

**ASSETS**

**Rely on your  
core values  
and abilities**

**Take healthy  
risks**

- What are you good at? What are you passionate about? What is most important to you? The answers can make a positive impact on your friends, family, school, and our community!
- Give back without expecting a reward.
- Take on a leadership or mentoring role with underclassmen.

- Look for new activities and try new things (clubs, sports, plays, events) What's the worst that could happen?
- Speak up in class, even if you're unsure.
- Think: What could be an outcome of this decision?
- Be an active part of solutions.