

Name _____

The Psychology of Resilience: Building Mental Toughness in Students

Short Answer

1. What are some benefits of building resilience for students?
2. Explain why accepting change is important for building resilience.
3. How can positive thinking contribute to resilience?
4. What is one strategy mentioned in the article for building resilience when facing a challenge?
5. Why is asking for help considered a sign of strength in building resilience?

