

Name _____

The Psychology of Resilience: Building Mental Toughness in Students

Open-Ended Response Questions

1. Can you share a personal experience or story about a time when you faced a challenge and used resilience to overcome it?
2. How can teachers and parents support students in developing resilience?
3. Besides the strategies mentioned in the article, what are some other ways students can build resilience in their daily lives?
4. Why is it important for students to understand that setbacks are opportunities for learning and growth in the context of building resilience?

