

Name _____

The Psychology of Resilience: Building Mental Toughness in Students

Short Answer Key

1. Some benefits of building resilience for students include handling stress better, becoming better problem solvers, building confidence, and improving relationships.
2. Accepting change is important for building resilience because it allows individuals to see change as an opportunity for growth and adapt positively to new situations.
3. Positive thinking can contribute to resilience by helping individuals focus on the good things in life, maintain optimism, and stay positive even when facing challenges.
4. One strategy mentioned in the article for building resilience when facing a challenge is breaking big problems into smaller, manageable parts.
5. Asking for help is considered a sign of strength in building resilience because it shows that individuals are willing to seek support and collaborate with others when needed, rather than trying to handle everything alone.

