Eavesdropping on experts

**Building Resilience Tip 1**

[Music]

Michelle, Autism Coach

When it comes to supporting students to build their resilience, explicitly teaching a growth mindset is a great way to support students to think about the things that they can do and to really develop that self-efficacy that, that belief that I can be successful.

The key with explicitly teaching is to really unpack that for students and we can use things like developing 'I can' approaches, so I can do this and how can I be successful. A great way to really support students to build their resilience skills.

Dawn, Researcher

So when we're trying to build resilience we really need to focus upon the individual strengths and the strengths they might bring into the classroom. And where possible incorporate those into the classroom setting.

We know that children with autism tend to have less special roles in school, so if you incorporate their strengths into a special role this will help to build self-worth and self-esteem and therefore resilience.

Chris, I CAN Network

I think the first starts with having a good relationship with that parent. Now to be direct parents are real labyrinths obviously, you can get parents that are totally on board with the loving push, and then parents who might have had so many disappointments in the education system that they struggle to trust anyone, and that is a human reaction, because they might have been let down so many times.

So you need to take the parent as they come you might need to adjust your communication style to that parent and their experiences of teachers before they've had you. So that's just something that you need to accept. The parent is going to be the product of the experience they've had with schools. But a good relationship with the parent is essential to building resilience because as we all know a parents decision about withdrawing kids can undo all the great work you might have done with that learner, so don't ignore the parent they are important for your end goal with that student.

[Music]