



Workshop 1 (3rd Edition, 2019)

Handout 21: Promoting Internal and External Resiliency

Internal Resiliency: Within-child factors that allow for competence despite exposure to external stressors.

Methods to promote internal resiliency:

- Promote active (or approach-oriented) coping styles
- Promote student mental health
- Teach students how to better regulate their emotions
- Develop problem-solving skills
- Promote self-confidence and self-esteem
- Promote internal locus of control
- Validate the importance of faith and belief systems
- Nurture positive emotions
- Foster academic self-determination and feelings of competence

External Resiliency: Contextual factors that allow children to achieve competence despite exposure to stressors.

Methods to promote external resiliency:

- Support families
- Facilitate peer relationships
- Provide access to positive adult role models
- Ensure connections with prosocial institutions
- Provide a caring and supportive learning environment
- Encourage volunteerism
- Teach peace-building skills

Strategies and Programs to Improve Climate, Safety, and Resilience

- School-wide positive behavior interventions
- School-wide social-emotional programming
- Effective, appropriate, and nondiscriminatory disciplinary policies and procedures
- Violence prevention programs
- Suicide prevention programs
- Bullying prevention programs
- Diversity awareness programs
- Gang prevention and resistance programs
- School-based mental health services

References

- Brock, S. E., Nickerson, A. B., Reeves, M. A., Jimerson, S. R., Conolly, C., Pesce, R., & Lazzaro, B. (2016). *School crisis prevention & intervention: The PREPaRE model* (2nd ed.). Bethesda, MD: National Association of School Psychologists.
- Brock, S. E. (2002). Crisis theory: A foundation for the comprehensive school crisis response team. In S. E. Brock, P. J. Lazarus, & S. R. Jimerson (Eds.), *Best practices in school crisis prevention and intervention* (pp. 5–17). Bethesda, MD: National Association of School Psychologists.
- Smith Harvey, V. (2007, November). Resiliency: Strategies for parents and educators. *Communiqué*, 36(3), insert. Retrieved from <http://www.nasponline.org/publications/periodicals/communique/issues/volume-36-issue-3/resiliency-strategies-for-parents-and-educators>