**Definition of resilience courtesy of Wikipedia:**

In *The Resilience Factor*, Karen Reivich and Andrew Shatte say that human beings have four fundamental uses for resilience:

1. To overcome the obstacles of childhood;   
2. To steer through everyday adversities;

3. To bounce back after a life-altering event or major trauma;

4. To reach out to lead a more fulfilling and purposeful life.

Resilience: ability to recover readily from illness, depression, adversity, or the like; buoyancy.   
Resilience in psychology refers to the idea of an individual's tendency to cope with stress and adversity. This coping may result in the individual "bouncing back" to a previous state of normal functioning, or using the experience of exposure to adversity to produce a "steeling effect" and function better than expected (much like an inoculation gives one the capacity to cope well with future exposure to disease).

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| **Choice Board** | Options  **(pick one from either column in each row)** | |
| Writing | Write a letter to a resilient person from history | Write an opinion piece about a resilient person you have met or known personally. |
| Reading | Create a bitstrips comic depicting a resilient person’s specific struggles | Research the story of a resilient person and Create a PowerPoint about his or her remarkable story of resilience. |
| Speaking/Listening | Give a one minute talk to Mr. Beckett or Ms. Murphy on a resilient person Include the big three factors of resilience. | Watch the ESPY acceptance speech of Jimmy V (college basketball coach) and write a short paragraph on how he is a resilient person |
| Media | Create a short video using moviemaker or PhotoStory 3 looking at the ways in which Hugo from the movie *Hugo* is a resilient person | Write and record a short audio track that explains the way the Ram Trucks commercial “Farmer” embodies resiliency  bit.ly/SFbecks |
| Reflection | Reflect on three assignments you did this semester | |

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| Resilient People | | |
| **Current Real life** | **Story** | **History** |
| Kevin Everett, | Rowley | William Wilberforce |
| Silken Lauman | Hugo | Harriet Tubman |
| Gabby Gifford. | Max from Maximum Ride | FDR |
| Romeo Dalaire | Harry Potter | George Brady |
| Oprah Winfrey | Frodo | Anne Frank |
| Dolly Parton |  | Abraham Lincoln |
| Saku Koivu |  | Colonel By |
| Eric LeGrand |  |  |
| Valentino Achak Deng |  |  |