

Family Lesson: Resiliency: Student Worksheet

Goal: You will journal about your feelings regarding obstacles in order to identify strategies for resiliency.

Part I: Journal

Journaling can help you tap into what makes you, you. One way to think about what makes you, you, is to identify how you tackle obstacles. We all have obstacles in life and we all deal with them differently.

How do I feel when I encounter an obstacle?

- Are some obstacles easier for me to conquer (like family obstacles vs. technical ones)? For example: Is it easier for me to face my parent's or guardian's disapproval of my choices or is it easier to finish tasks assigned by my academic counselors?
- What helps me overcome these obstacles? Is there a phrase or person that pops in mind when I am conquering challenges?

What is the worst that can happen if I do not overcome the obstacle in front of me?

- How do I feel when I do not overcome the obstacle? Are there ways to revisit the obstacle that make me feel successful?

Now, take some time to write and reflect:

- Sign in to CaliforniaColleges.edu. Go to **My Plan** and then **My Journal**. In the **College Journal** section, find **prompt #04**:
"Resiliency - What do you do when you encounter obstacles to success? What are your secret survival strategies? What fears do you have about overcoming obstacles?"

Part II: Checklist

Think about the following statements and decide which are true for you. If a statement is true, check the box.

✓ Statement
<input type="checkbox"/> I often forget about important deadlines I need to meet.
<input type="checkbox"/> I often fear how people will react when I tell them something they do not like to hear.
<input type="checkbox"/> I often get distracted by what is happening now vs. what I have to work on during the week.
<input type="checkbox"/> I never care what people feel about what I say or do.
<input type="checkbox"/> I am really good at keeping on track with everything I have to do.
<input type="checkbox"/> I am often proud of the way I handle obstacles in life.
<input type="checkbox"/> Sometimes I am embarrassed about how I handled an obstacle in life.
<input type="checkbox"/> I have enough adults in my life that make me feel heard.
<input type="checkbox"/> I feel like people do not really know who I am.

Part III: Share Your Story

Identify someone in your life you trust. It might be an older sibling, a parent, a mentor, a teacher, or anyone else you feel comfortable being yourself with. Ask that person to carve out about 20 minutes to talk with you. When you meet, read your journal response to that person and share with them your responses to the checklist.