

RESILIENCE SELF STUDY STUDENT HANDBOOK

COURSE REQUIREMENTS

You can check the technical requirements for the course in Section 5 of our Terms of Service:

<https://etonx.com/terms-of-service>

Check that you're ready for the course by running the EtonX Systems Check:

<https://signup.etonx.com/verify/system>

COURSE OUTCOMES

Upon completion of the course, you will be able to:

- understand and regulate your emotions;
- recognise and build on your strengths;
- learn from your experiences;
- form new, positive habits;
- look at situations from different perspectives;
- have a positive, optimistic attitude;
- move beyond failure and make your dreams reality;
- build and maintain strong, trusting relationships with others.

COURSE STRUCTURE

The course is divided into six main sections and a typical section of study will look like this:

50 minutes	10 minutes
Self-Study Units These online tasks and activities are designed to help you understand the principles of the topic through video, listening and reading input and interactive tasks and activities to allow you to develop your knowledge and reflect on your learning.	Reflect on Your Learning A task which encourages you to reflect on your learning in order to consolidate your understanding of the topic and the skills covered in that section.

You can complete the course at your own pace, but we advise completing several units per week. We suggest you set aside small chunks of time to complete each unit.

COURSE SYLLABUS

In each section you will learn about the following topics and complete a variety of activities:

	Knowing Yourself	Harnessing your Strengths	Gaining Control	Limiting Beliefs	Dreaming Big	Building Connections
SELF STUDY	<p>Read a presentation about Emma Watson and how she has dealt with challenges. Write about how her life might have been different if she wasn't so resilient in your journal.</p> <p>Watch a video about how resilience can help you deal with challenging situations. Read a presentation about the stress curve, and then identify where people are on the stress curve.</p> <p>Watch a video about the importance of self-awareness for resilience. Decide whether some speakers are self-aware or not.</p> <p>Watch a video about reacting to feedback, then complete a drag and drop activity about SCARF reactions. Match different situations with</p>	<p>Watch a video about different types of strengths and make notes in your Journal about how you can use your strengths to build your resilience. Complete an activity on the difference between strengths and skills.</p> <p>Match people to projects based on their skills and strengths. Drag and drop strengths into your strengths toolkit and post comments on the discussion board.</p> <p>Write about how you can use your strengths in your journal.</p> <p>Complete an interactive reading task about using strengths and skills to prepare for exams. Think about how you prepare for exams and make notes in your journal.</p>	<p>Watch a video about the 'marshmallow experiment' and the importance of self-control. Complete a survey about how you exercise self-control and decide whether people are showing self-control or not.</p> <p>Watch a TED Talk about self-control and executive functions, making notes in your journal. Write about your own motivations in your journal.</p> <p>Read a presentation about strategies for self-control. Match different situations to different self-control strategies.</p> <p>Watch a video about how to be kind to yourself, then complete an interactive reading task</p>	<p>Watch a video about how optimists think and make notes in your journal. Analyse how two people react to a difficult situation, then decide which category different reactions fit into.</p> <p>Complete an interactive reading task about thinking habits, then decide which thinking habits are being described in different scenarios. Match negative thoughts with their positive versions.</p> <p>Watch a video about confirmation bias. Think of a belief that you have about yourself that you'd like to change and look for ways that you can challenge it. Write about this in your journal.</p>	<p>Watch a video about failure and how it can be turned into something positive. Complete a survey about how you deal with failure, then match what people say to what they are thinking.</p> <p>Read about famous people who didn't give up when they failed, then think about how people you know have turned failure into success. Make notes in your journal.</p> <p>Watch a TED Talk about having a growth mindset and then answer questions about it. Decide whether statements represent a growth mindset or a fixed mindset.</p> <p>Watch a video about turning dreams into reality, then complete a</p>	<p>Read a presentation about gratitude and why it is important for resilience. Think of someone you feel thankful to and write them a thank-you message, explaining your choices in your journal.</p> <p>Read a presentation about people who boost your energy and make notes in your journal. Reflect on who could help you to achieve your goals, their qualities, how they could help you and how you could help them.</p> <p>Watch a video about different types of communication styles, then complete a quiz to find out how you communicate.</p> <p>Read a presentation about self and social awareness. Listen to a person describing an experience they had and complete a survey about how you reacted and why.</p>

	<p>different types of threats using SCARF.</p> <p>Think about a time when you received feedback from someone or ask someone for feedback. Write about your reactions in your journal.</p> <p>Do a mindfulness exercise and reflect on your experience in your journal.</p>	<p>Watch a video on ‘flow’ and answer questions about it. Complete a survey about flow activities.</p> <p>Make a list of five things that you really enjoy doing in your journal and challenge yourself to explain why.</p>	<p>on improving well-being. Decide whether people are using their breaks in a good way.</p> <p>Watch a video about why it is difficult to form new habits. Think about a time when you have formed a new healthy habit and write about it in your journal.</p>	<p>Complete an interactive reading task about positive thinking, then answer questions on it.</p> <p>Find an online news story that interests you and think about how it might be viewed with an optimistic or pessimistic attitude. Make notes in your journal.</p> <p>Think of three strong beliefs or opinions that you hold and where they come from, making notes in your journal.</p>	<p>drag and drop activity on the different steps involved.</p> <p>Find an example of a very successful person who failed before they succeeded and analyse their choices, making notes in your journal.</p> <p>Think of what you want to achieve in your career, in your studies and in your personal life, then make a list of your goals for the future in your journal.</p>	<p>Think back to the scenario from the previous unit and think about how you would react in this situation and similar situations, considering how you can improve your empathy for others. Write about this in your journal.</p> <p>Observe how others communicate with you and with each other and note down good examples in your journal.</p>
<p>REFLECT ON YOUR LEARNING</p>	<p>Analyse and write about a time when you were under stress or pressure in your Resilience Log.</p>	<p>In your Resilience Log, write about times when you have demonstrated your strengths and how they helped you.</p>	<p>Write about your plan to develop a new healthy habit in your Resilience Log.</p>	<p>Think about a limiting belief you have about yourself and practise challenging that belief. Report the experience in your Resilience Log.</p>	<p>Write about your plan to achieve your goals in your Resilience Log and analyse how far you are progressing.</p>	<p>At the end of each day, write down three good things which have happened and then look for patterns, analysing the results in your Resilience Log.</p>
<p>Complete your end of course knowledge test.</p>						

EXPECTED EFFORT

You will need to put in at least **7 hours** to complete the course. There is always additional content that you can use to supplement the core learning that you have done in the course. This can be found in the Additional Resources section of the course.

YOUR PROGRESS

You can track your progress through the course on your My Progress dashboard. You can retake the activities as many times as you wish. Your score from your most recent attempt is the score that will be displayed in the Achievement on your dashboard.

CONTACT AND SUPPORT

If you have a question about the course, or need help, please email support@etonx.com and one of the EtonX team will be in touch.

You can also use the 'Report a Concern' option on the platform to report a concern about a:

- Technical problem
- Query about the course
- Other

These options will appear as drop-down choices. Simply select the one that applies to you and follow the steps.

The designated Safeguarding lead is Catherine Whitaker who can be contacted by emailing catherine@etonx.com

For more information about safeguarding, please read the Code of Conduct and the EtonX Safeguarding Policy: <https://etonx.com/safeguarding-policy>