



How often do students in Year 7 study Resilience?

Year 7 students have one lesson of Resilience each week.

What topics do you learn about in Resilience in year 7?

We cover a range of topics from how the brain works, mental health, Growth Mindset, right through to effective revision strategies. With all of these topics, we aim to developing knowledge, understanding and skills, so that our students can confidently face the demands and challenges both school life, and life beyond school, throws at them.

What skills will you develop in Resilience during year 7?

The aim of this is quite simple: to help our year 7 students develop the ability to understand who they are and how they can deliberately recover when faced with adversity. This way we hope to equip them not only for exams, but for life and success beyond school.

Do you need any specialist equipment to study Resilience?

Just your basic school equipment ... and your brain!

What is the best thing about studying Resilience?

You get discover lots of interesting things that you do not normally study in other schools, and you get to discover a lot about yourself.

Do you have any tips for new year 7 students studying Resilience?

Be curious and develop a positive mindset.

Resilience

at Penistone Grammar School