



GRADE 11

Resiliency 11

SD23 Central Okanagan

Resiliency 11 targets mental health & personal well-being through individual reflection, identification & growth. Students will learn about resiliency, personality characteristics, psychological disorders, stress & stress relievers, healthy relationships, self-defeating learned behaviours, the brain, self-awareness, empathy & boundaries. Educators can customize the course from these core topics to meet the needs of the class. The purpose of this course is to promote personal growth by provoking

Credits: 4

Approval Date: Oct 2021

Hours: 120

Trax Code: YPA

GOALS AND RATIONALE

Resiliency 11 has been developed to empower students to not only master meaningful content, but to assist them in learning critical thinking skills that will help them navigate a spectrum of real-life problems. This course strives to ignite a positive resilient way of being in students wanting to feel empowered & hopeful about themselves, their families, their friends, & the world of people around them.

BIG IDEAS

Demonstrating respect, care & empathy for self & others makes our community stronger. Implementing a personal resilience program into daily living can improve our quality of life. Using frames like the biopsychosocial & First People's lenses help us share our individualism. Awareness & acceptance of the diversity within our culture comes from exposure, understanding, & empathy. The combination of modalities & tools required to become a resilient individual will differ from person to person.

ADDITIONAL INFORMATION

Goals & Rationale cont'd This course gives structure & expertise to discussions we need to have in school, engaging students to understand self & others with empathy.