

Self-Assessment Quiz

Are you supporting students to become resilient in your school?

You might want to do this quiz yourself or you can do it for your school.

Please read the following statements and rate yourself or your school on the following scale:
never / rarely / sometimes / frequently / always

1 2 3 4 5

1	I encourage my students to make mistakes and to learn from them.	1 2 3 4 5
2	I actively model 'growth' rather than 'fixed-mindset' language, channelling the 'power of yet' in classroom discourse.	1 2 3 4 5
3	I enable students to see the inherent value of challenges and obstacles they meet in the classroom and in the wider world.	1 2 3 4 5
4	I encourage my students to set themselves personal and academic goals.	1 2 3 4 5
5	Students are regularly encouraged to reflect on things they are grateful for.	1 2 3 4 5
6	Students are given opportunities to learn about how to promote their own well-being and healthy lifestyle habits.	1 2 3 4 5
7	I share relaxation techniques with my students, in order to help them deal with stressful periods.	1 2 3 4 5
8	I encourage students to recognise their own negative thinking habits and promote an awareness of reframing strategies.	1 2 3 4 5
9	Students are made aware of a range of self-control strategies which they can use to help them during independent study time.	1 2 3 4 5
10	My classroom and our wider school are places where students feel safe to share their life goals and are guided in exploring the action they need to take to attain their dreams.	1 2 3 4 5
11	My students have opportunities to reflect upon and identify their strengths, and recognise those of others.	1 2 3 4 5
12	I provide students with opportunities to help others, thereby boosting their sense of belonging and well-being.	1 2 3 4 5
13	I model a constructive communication style in my interactions with students, responding to them in an enthusiastic and positive way.	1 2 3 4 5
14	Whenever possible, students are encouraged to look at situations from different perspectives, thereby developing their empathy and social awareness.	1 2 3 4 5
15	Positive support networks are created in the school through careful pairings and peer-mentoring projects.	1 2 3 4 5

Look at your score. How many items did you circle as 1 = never?

Look back over the statements that you gave a score of 1–3. Consider how you can do more of these things in your class to support the building of your students' resilience. If you did the quiz for your school, we recommend thinking about how you can influence change for these particular points at your institution.

See the EtonX guide to integrating resilience across the curriculum for more support and ideas.