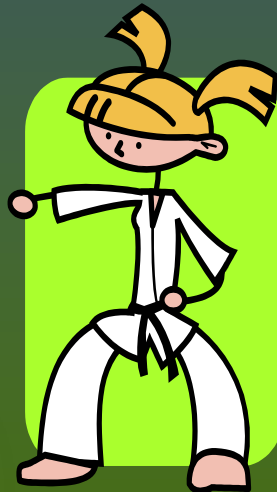


Cultivating Mentee Resilience

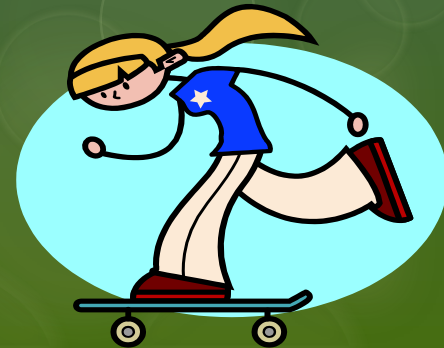
Magic



She tapped her fingers and nothing happened and she had thought she'd lost her magic, but it had only changed and it took her awhile to figure it out again.

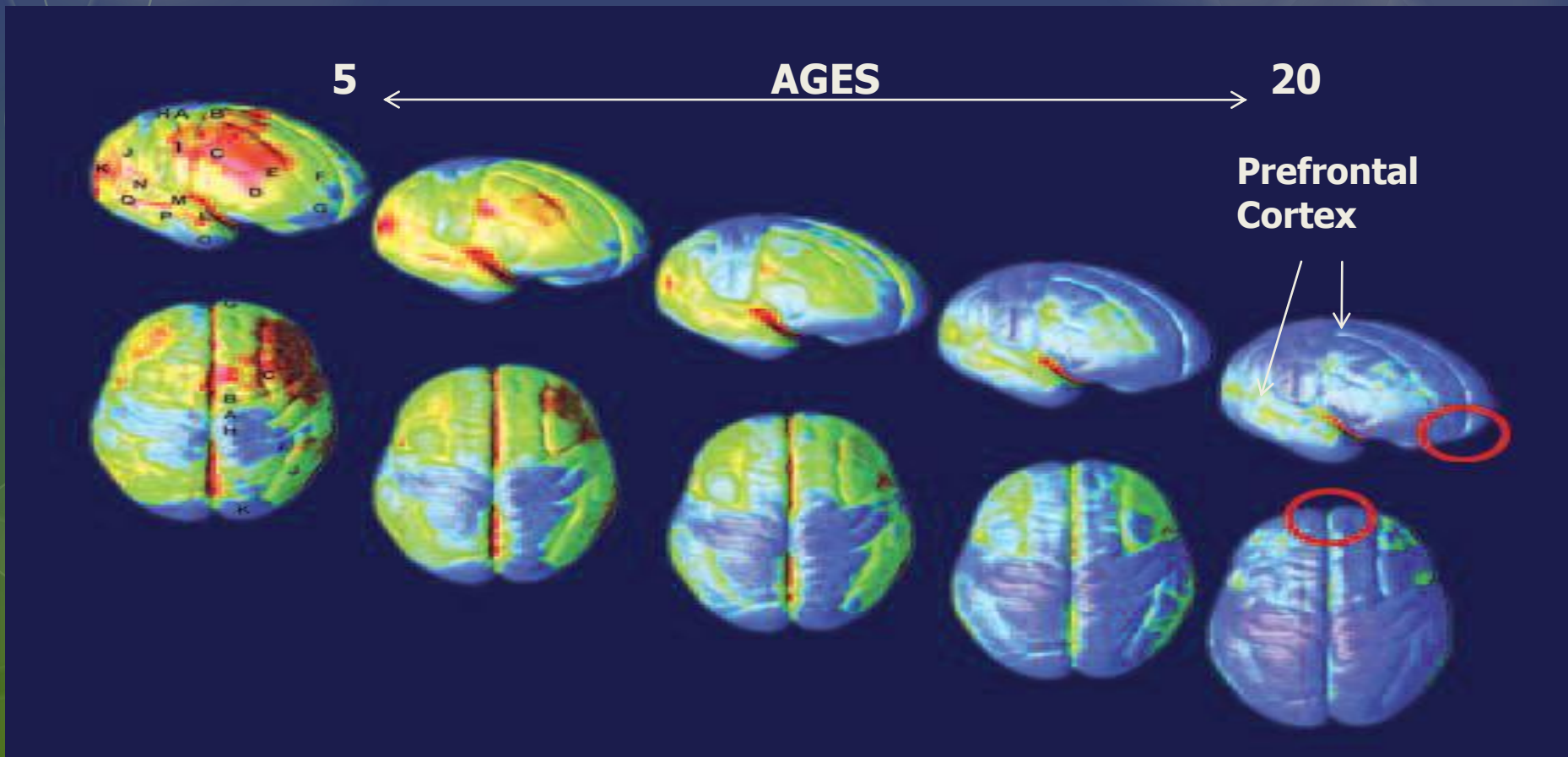


Brian Andreas



Adolescent Brain Development

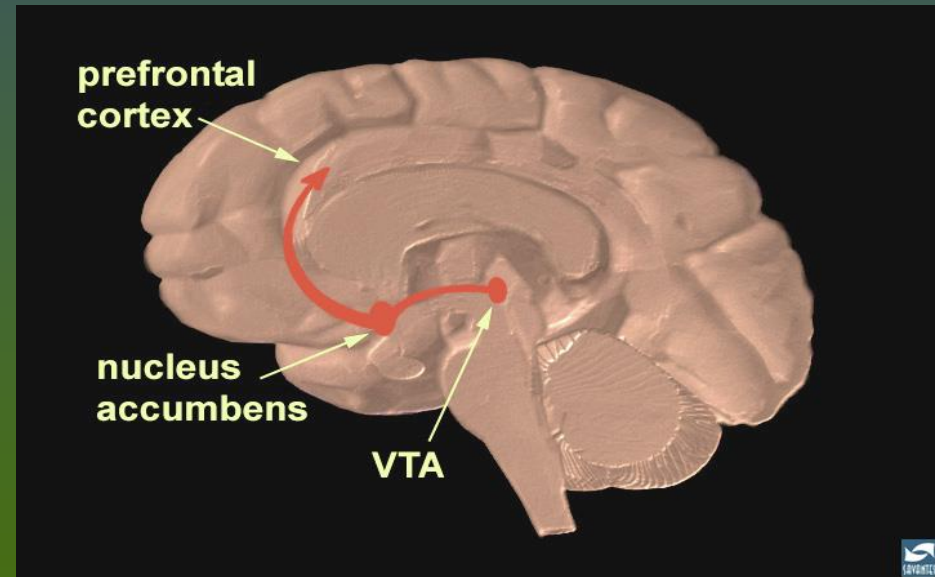
IMAGES OF BRAIN DEVELOPMENT IN
HEALTHY CHILDREN AND TEENS (AGES 5–20)
(*NIDA*)



Adolescent Brain Development

Prefrontal Cortex allows us to:

- Make decisions based in reality
- Maintain emotions appropriate to circumstance
- Accurately assess and respond to our environment



Developmental Presentation

- Rational thought vs. Magical thinking
- Abstract vs. Concrete thought
- Open system vs. Closed system
- Understand vs. Understood
- Honesty vs. Perceived rewards
- Patience vs. Immediate gratification

Communication Strategies

- **Actively Listen**
- **Avoid the word “why”**
- **Lean into silence**
- **Empathize**
- **Use open-ended questions**
- **Speak in I when sharing**
- **Paraphrase**
- **Note discrepancies**

Engaging Youth

- **Treat everyone with respect and dignity**
- **Be yourself**
- **Pull rather than push**
- **Humor and play go a long way**
- **Take 5 more seconds and listen**
- **Let them know you care**
- **Let them know you have their best interest in mind**
- **Speak in “we”**

Practical Applications

- **Prepare for work.**
- **Practice patience**
- **Be consistent**
- **Develop and maintain boundaries**
- **Know your limits**
- **Leave your ego outside**
- **Avoid power struggles**
- **Empathize rather than criticize**
- **Leave it when you leave**

Ingredients of Resilience

Founded in: Unconditional love, healthy expectations and caring individuals as models.



Competence

- Notice good
- Avoid comparisons
- Let them recover



Confidence

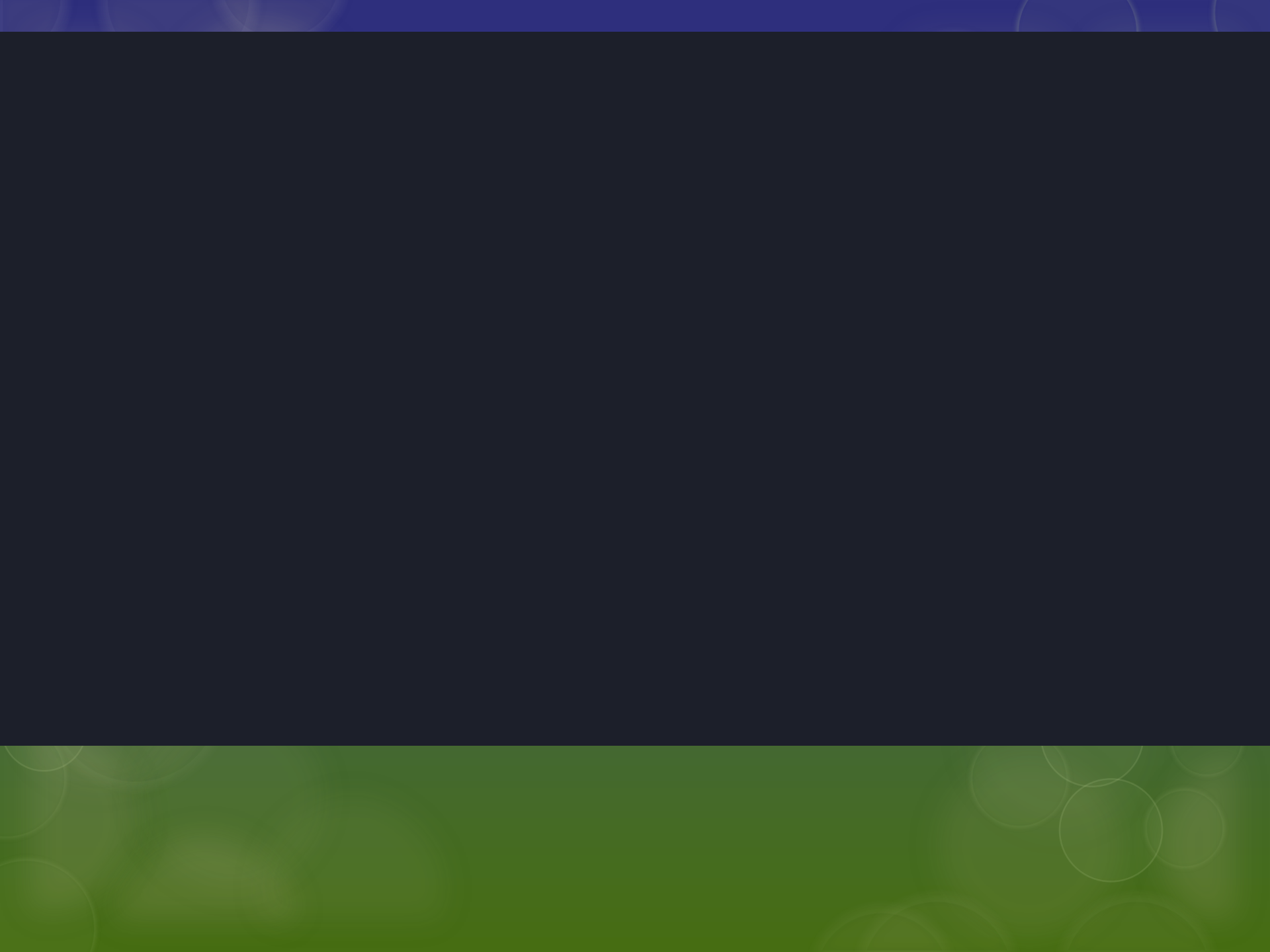
- Recognition of effort
- Recognition of qualities engaged
- Opportunities to engage value development
- Support a growth mindset



The background of the slide features a vertical gradient from dark blue at the top to green at the bottom. Scattered across this background are numerous white circles of varying sizes, some of which are semi-transparent, creating a bokeh-like effect.

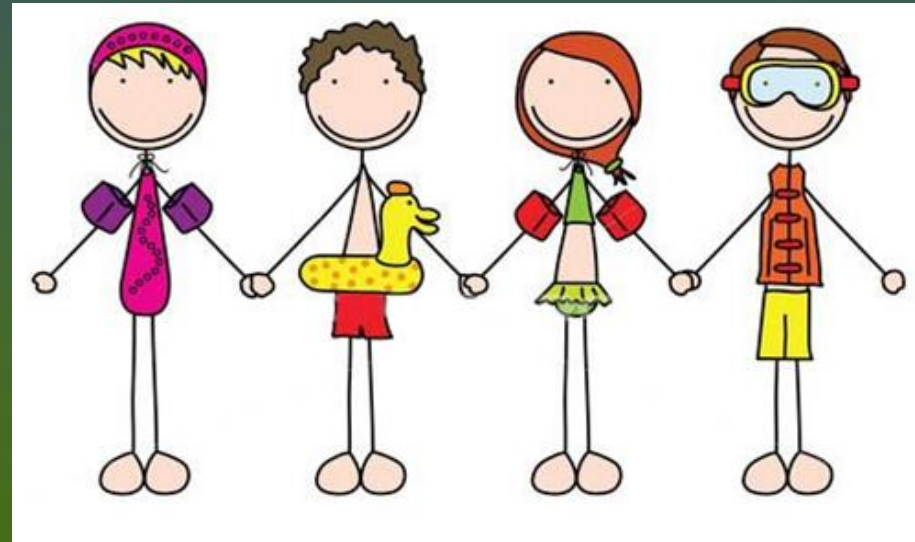
Video: **Developing and Embracing a Growth Mindset**

A component of the CONFIDENCE
ingredient of RESILIENCE



Connection

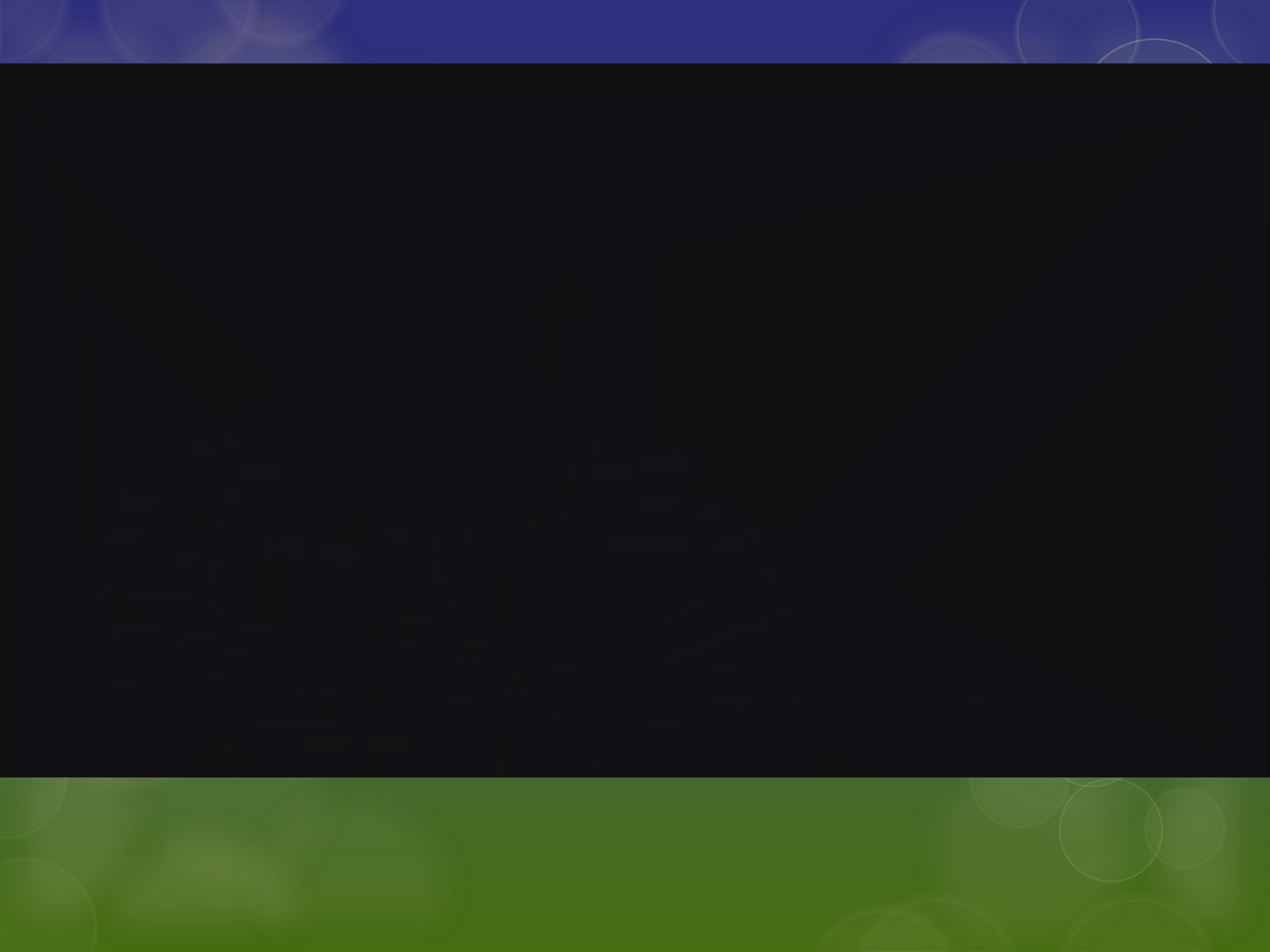
- Supporting close ties
- Recognizing healthy conflict resolution
- Favor the here-n-now!
- Foster belonging



The background features a vertical gradient from dark blue at the top to green at the bottom. Scattered across this background are numerous white circles of varying sizes, some of which are semi-transparent, creating a bokeh-like effect.

Video: **Don't Quit on Me**

A component of the
CONNECTION ingredient of
RESILIENCE



Character

- **Support value/spiritual development**
- **Opportunities to care for others**
- **Demonstrate the importance of community**
- **Encouraging empathy and mutual success**
- **Encourage acceptance, and inclusion**
- **What is right vs. what is easy**



Contribution

- Being of service to others
- Opportunities to make a difference
- Gratitude



Video:
**Where Does Compassion
Really Come From**

A component of the
CONTRIBUTION ingredient of
RESILIENCE



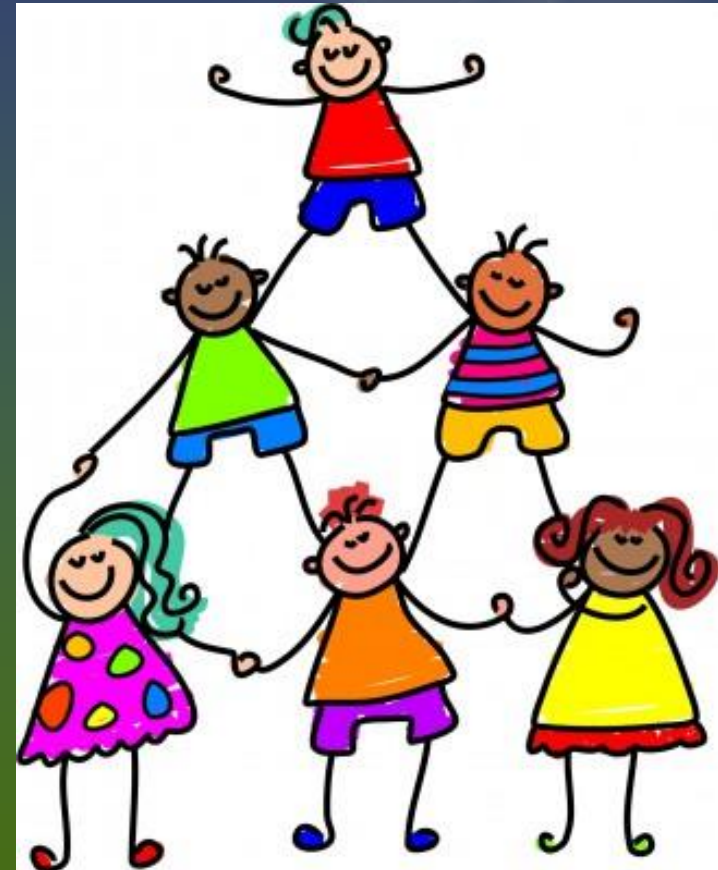
Coping

- **Support/model healthy strategies**
- **Encourage a growth mindset**
- **Let them make decisions**



Control

- Believe in their ability to succeed
- Show them their power
- Maintain high expectations
- Let them know you care.



**One day Alice came to a
fork in the road and saw a
Cheshire cat in a tree.**

**“Which road do I take?”
she asked.**

**“Where do you want to
go?” was his response.**

**“I don’t know,” Alice
answered.**

**“Then,” said the cat, “it
doesn’t matter.”**