This section of the journal offers you some guidelines on the development of personal resilience, i.e. the ability to take what life throws at you and to bounce back quickly. Resilient young people know that the knocks are part of life but they can respond to them with the right attitude and behaviour.

Seven steps to building resilience

1. **Make connections** - Become a good friend and build a support network of family and/or friends that you can talk to about issues in your life.

2. **Nourish yourself** - Look after yourself by getting enough sleep, eating healthily and getting some exercise every day.

3. **Sunny side out** - Seeing the good in things is good for our mental health.

4. **Know your strengths** - Know what you are good at and spend time developing those strengths further. Nobody is good at everything, but focusing on your strengths is good for your confidence and self-esteem.

5. **Take a break** - Take time to relax and unwind. If you are worried about something learn to focus on something else.

6. **Set realistic goals** - Set reasonable goals and break them down into actionable steps. Then focus on achieving your goal one step at a time.

7. **Perspective** - While you may be upset about something, ask yourself, how big an issue is this? Will I be upset about it in six weeks time? Setbacks are part of the journey, it is your ability to bounce back that will determine your success.

“Living with a positive perspective is like becoming your own best friend. You choose to support and remind yourself of your good qualities.”

- Terry Olick, Phd.
Today when we hear the word connected we often think about Facebook and other social media. Here, however, we are referring to human connections, i.e. being connected with friends and family. A really important part of being connected is being able to identify an adult in your life to talk to when you are worried, stressed or down. To build these connections you can:

1. Listen well – when you take the time to actively listen to other people and understand their situation or perspective.

2. Show interest in others. This goes beyond listening. This means stepping out of your world and becoming actively interested in others’ success.

3. Praise others for their efforts. Everyone likes being praised and recognised, so when you catch your friends doing something positive, compliment them for it.

4. Share information about yourself. When you share about yourself, you are building trust with other people. This will help you.

Good friends ARE LIKE STARS

You don’t always see them but you know they are always there.
Proper diet, sleep and exercise are essential for your mental health.

You need at least eight hours of sleep every night and try to get to bed by 10 p.m.

Exercise causes your brain to release a chemical that makes you feel good. Some doctors suggest that physical activity is as effective as antidepressants or therapy at addressing mild depression.

When we have a healthy diet we tend to feel better and when we eat sugary foods we tend to be tired and sluggish and it affects our mental health. Poor mental health is associated with diets high in red and processed meats, take-aways, and sugary and refined foods.

Better mental health is shown among young people who have higher intakes of fruit and green vegetables.

“Those who have no time for healthy eating will sooner or later have to find time for illness.”

– Edward Stanley
‘Sunny side out’ refers to our ability to have a positive mental attitude. Medical research has shown that having a positive mental outlook can increase your life span, decrease depression and even provide greater resistance to the common cold. We all have negative thoughts from time to time but it is much better to be grateful for what we have than to focus on areas that are not going well.

Three tips to develop a positive mental attitude:

• Surround yourself with positive people.
• Be positive yourself.
• Actively disconnect from negative people and thinking.

“We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.”

– Abraham Lincoln
We would all love to be good at all things, but hoping for that just causes stress and anxiety and there is a temptation to concentrate on what we are weak at. However, when you focus on what you are really good at, there are a number of positive consequences:

- It allows you to grow even more in your area of strength.
- It boosts your self-confidence.
- It makes you happier.
- You could be a role model in the area where you excel!

This means that when you are working on the things you are not so good at you will have a better frame of mind.

“Concentrate on your strengths, instead of your weaknesses... on your powers, instead of your problems.”

– Paul J. Meyer
We relax when we are doing something we enjoy. For you it could be dancing, reading a book, playing with a friend or listening to music. By doing activities that make you relax on a regular basis it will help you prevent and deal with stress.

If you want to relax quickly try taking deep breaths by breathing slowly in through the nose and slowly releasing your breath through your mouth, letting all the muscles of your body relax.

WARNING!
EXERCISE HAS BEEN KNOWN TO CAUSE HEALTH AND HAPPINESS
Set realistic GOALS

“My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose – somehow we always win out.” – Ronald Reagan

It is important to have goals as they give you direction and something to work towards achieving. The goals you decide on should reflect what you want to achieve and include a plan of how you are going to achieve it. We call such goals SUPER Goals.

To create a SUPER goal:

- See yourself achieving the goal.
- Understand why you want to achieve it.
- Plan to achieve it, i.e. you know the steps.
- Execute the plan.
- Reward yourself as you achieve steps along the way.

As you are working to accomplish your goal, focus on what you have achieved rather than what you have yet to achieve.
Sometimes we blow problems out of proportion, sometimes to such an extent that you might think that they are ‘life or death’ situations. However, those who recognise that problems and challenges are inevitable and take them in their stride are less stressed and happier people. Indeed, the problems we encounter on a day to day basis helps us to become more resilient.

**THE GREAT TIMBER**

– Douglas Malloch

The tree that never had to fight  
For sun and sky and air and light,  
But stood out in the open plain  
And always got its share of rain,  
Never became a forest king  
But lived and died a scrubby thing...

Good timber does not grow with ease,  
The stronger wind, the stronger trees.

“Nothing is permanent in this wicked world - not even our troubles.”

– Charlie Chaplin
Safety Tips for WALKING

- Always walk facing traffic so that a car can’t come up behind you.
- Don’t cross the road on a corner or bend.
- Don’t walk on dark roads on your own at night. Stick to walking in daylight.
- Always walk on the footpaths. They are there for your safety.

Safety Tips for CYCLING

- Never cycle in the dark without adequate lights on your bike (white in front and red in back) and always wear a helmet.
- Wear a reflective jacket, armbands and reflective belt if walking or cycling at night.
- Maintain your bike and ensure that the brakes work properly.
- Keep to the left-hand side of the road when cycling.
- Ride in single file.
- Remember all cyclists must obey traffic signs and signals. Watch traffic.
- Do not wear headphones.
- Wear a helmet (mandatory).
- Have your bike tuned up and in good riding condition.
- It’s not a race so go at your own pace.

Safety Tips for TRAVELLING with others

- Never, ever take a lift from a driver that has taken drink or drugs.
- Remember speed kills, so ensure you or your driver strictly adheres to the speed limits.

Think!

BE SAFE
NOT SORRY
**Bullying!**

**Is something that can happen:**
- to anyone
- anytime
- anywhere
- in any way

**Bullying is...**
- Wrong
- About controlling someone
- Unacceptable
- Repeated
- About hurting someone in some way
- Done to make the bully feel powerful
- Deliberate

---

**Dealing with BULLYING**

- Report it.
- Stay calm and in control.
- Talk to trusted friends and ask them for help.
- Don’t show emotions like anger, fear and being upset.
- Be assertive - speak clearly and firmly.
- Show confidence - use positive body language.

**Try a strategy that may work for you:**
- Tell the bully you don’t like what he or she is doing.
- Ask the bully to stop what he or she is doing.
- Try to make more friends by joining in different activities.
- Try to avoid the bully.
- Try to have a ready response.

---

**Cyberbullying!**

**Cyberbullying is...**
- Deliberately hurting someone’s feelings using information and communication technology, such as:
  - Emails
  - Instant messaging
  - Mobile phones
  - Blogs
  - Chat rooms
  - Online polling sites
  - Online gaming sites
  - Social networking sites
  - Online polling sites

**It is:**
- Invasive
- Often anonymous
- Difficult to escape from or stop
- Sometimes a criminal act
- Communicated quickly to a wide audience

---

**Protect yourself from CYBERBULLYING!**

**Hide your personal details:**
- Username
- Real name
- Family details
- Social activities
- Mobile Number
- Home phone number
- Home address
- Personal photographs
- Email address
- Password and pin

---

**Follow Netiquette:**
- Communicate clearly
- Use emotions
- Be polite

---

**Schools.ie**

---

---
Howard Gardner, the creator of the Multiple Intelligences Theory, identified eight different intelligences and has done research which indicates that intelligence is multiple and occurs in different parts of the brain. So rather than asking “How intelligent am I?” you should now ask “In which ways am I intelligent?”

**Naturalist Intelligence**
The ability to discriminate between living things and be sensitive to the natural world.

**Spatial Intelligence**
The ability to interpret space.

**Intra-personal Intelligence**
The ability to understand yourself, to be reflective.

**Linguistic Intelligence**
The ability to use language. Being able to express what’s on your mind and to understand others.

**Bodily-Kinesthetic Intelligence**
The ability to control body movement and the capacity to handle objects skilfully.

**Inter-personal Intelligence**
The ability to understand and relate to others.

**Logical-Maths Intelligence**
The ability to understand cause and effect; to manipulate numbers.

**Musical Intelligence**
The ability to think musically and to hear, recognise and remember patterns.
Learning styles group common ways that people learn. Everyone has a mix of learning styles. Some people may find that they have a dominant style of learning, with far less use of the other styles. There is no right mix. Nor are your styles fixed. You can develop ability in less dominant styles as well as further develop styles that you already use well.

**AUDITORY**

Auditory learners need to hear what they are learning. They like to discuss a topic and often work well in groups to learn new information. They sometimes craft clever rhymes to remember things.

**VISUAL**

Visual learners need to see what they are learning about and respond well to images, pictures and videos. They often draw pictures to help them to remember and can use mindmaps effectively.

**KINESTHETIC**

Kinesthetic learners need to interact with what they are learning. They need to touch and be involved. They like hands-on experience or scenarios that are physically acted out.
You can be SMARTER

THE GROWTH MINDSET

I can learn what I want to.

When I get frustrated I keep on going!

I know I can learn.

I like it when people tell me I am trying hard.

Growth mindset students understand their talents and abilities are developed through effort and persistence. They believe everyone can get smarter if they work at it.

THE FIXED MINDSET

I’m either good at it or I’m not.

I avoid challenges.

Making an effort is a waste of time.

There’s no point in doing things you’re not good at.

Fixed mindset students believe their abilities, intelligence and talents are fixed traits and there is nothing they can do about it.
What is the Forgetting Curve?

When we learn something new, after a while we find that we can’t remember what we learned. The Forgetting Curve shows us the decline of memory retention over time when there is no attempt to review it.

Beating the Curve!

You can beat the Forgetting Curve by doing quick and frequent reviews.
Plan your reviews in your
STUDY JOURNAL

5 × 5 REVIEW SYSTEM

After your POKER study session, manage your 5-minute reviews using your Study Journal.

Use Your Mind Maps!

Review your notes and mind maps on this topic for a few minutes. Then test your knowledge and review anything you are unsure of.

www.thesupergeneration.com
Mind maps use words and images to organise and structure information. Students who use mind maps remember more information than students who use just written notes.

**How to make a mind map**

1. Start in the centre of the page with an image of your topic.
2. Next, add in branches for your subheadings.
3. Then add on your key information.
4. Add the date the notes were created.