

The Importance of Resiliency

The video "[The Importance of Resiliency](#)" lets you know that resiliency is "the ability to keep going in the face of great challenge." In life, you are always going to face tough times, but if you are emotionally resilient, you can achieve almost anything you set your mind to.

Try This!

Read the stories below and decide what advice you would offer to each person to help them.

What Would You Do?

STORY #1	STORY #2	STORY #3
<p>Simone worked really hard to make the track team. She practiced every weekend so that she could run longer and longer distances. But now that she is on the team, she realized that she runs more slowly than anyone else. Simone is feeling disappointed and has begun talking to her mom about quitting the team.</p>	<p>Ahn has been struggling in biology. She studies two or three nights a week, but her grades on tests and assignments don't seem to improve. It's nearly the end of the school year and she has some big assignments and a final test coming up. There are a lot of events and parties in the next few weeks to celebrate the end of the year. Ahn tells everyone she doesn't like biology and that she doesn't care about her grade.</p>	<p>Fiona has been working at her aunt's restaurant for almost a year. Everything was going well, and she enjoyed working there. Recently, her aunt changed the menu and hired some new servers. Fiona started making mistakes because she couldn't remember the new dishes on the menu, and the new servers have been mean to her. Fiona is thinking about applying for a job at a different restaurant.</p>
<p>What advice would you give Simone? Why?</p>	<p>What advice would you give Ahn? Why?</p>	<p>What advice would you give Fiona? Why?</p>