Resilience, Lesson 2: After Failure

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ACADEMIC LEARNING GOALS (OUTCOMES/OBJECTIVES) FOR THIS LESSON:
(What learners should know or be able to do as a result of the lesson.)

The four primary attributes of Resilience covered in Lesson 1 & Lesson 2 are listed. This lesson will primarily provide an overview of attributes 3 & 4:

1. Believes in personal growth and change by seeing new knowledge and skills as a way of life, not just a one-time thing.
2. Sets priorities and goals, anticipates possible consequences, and has back-up plans.
3. **Bounces back when things go wrong. Figures out what happened and how to learn from it when making future decisions.**
4. **Listens to others’ views while also speaking up for oneself in order to learn from feedback and resolve conflicts.**

CRITICAL THINKING SKILLS UTILIZED IN THIS LESSON:
(What elements of the lesson allow learners to utilize critical thinking techniques.)

- Using facilitation strategies in addition to instruction will encourage learner participation and opportunities to exercise critical thinking.
- In this lesson, the facilitation strategies are videos and paired discussions based on personal examples of challenges.
- Think of the 80-20 rule. 80% of this lesson is ready for use, 20% can be enhanced by interactive activities and examples you come up with as an instructor. After using this lesson, you can provide your feedback and enhancements through the www.newworldofwork.org website.
MEDIA, HANDOUTS, OR EXTRA MATERIALS: (What media is used in addition to lesson plan.)

The skills lessons have been designed to go along with the New World of Work/CreatorUp video content. All the Lesson 1’s can incorporate the “What Not to Do” videos and all Lesson 2’s can utilize the 21st Century Skills Video Assessments. These videos can also assist in hybrid/online courses. Gauge student interest in the videos and play throughout the course as needed.

This lesson uses:

New World of Work Resilience Assessment Videos
In the 2017-2018 academic year, a new set of assessment videos will be added. You can use one or both of these videos based on the workplace scenes depicted. They can be accessed through the playlist: www.youtube.com/playlist?list=PLWCjcrQpQiTzFZn9kJvXlKTnd-DOscOEs6A

Angela Duckworth Ted Talk: www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

Michael Jordan Video: www.youtube.com/watch?v=45mMioJ5szc

Resilience Exercise Handout

INSTRUCTION: (List of reproducible steps for the lesson.)

Instructor Notes (General):
To allow for greater flexibility of delivery, lessons can be shortened to fit into a 45min class period. They can be expanded, with more time for facilitated activities and examples, up to a 90min session.

PPT presentation slides have been kept basic to avoid copyright infringement on images hosted open source. Feel free to add your own images when presenting the slides to your learners.

Instructor Notes (Lesson-Specific):
If you are teaching the skills in a series, Resilience is a good skill to follow Analysis/ Solution Mindset and precede Entrepreneurial Mindset. It builds on concepts of trying multiple options to get to desired solutions (without giving up) and how these qualities are also found among entrepreneurial, innovative thinkers.
1. **PPT Slides 1 & 2:** Introduce the lesson topic and then review slide 2. Let students know the focus if this lesson will be attributes 3 & 4 (in bold).

2. **PPT Slides 3 & 4:** Share the example of story entrepreneur Michael Simmons and the analogy of the iceberg where what you see is only 10% of what is actually underneath.

3. **PPT Slides 5-7:** The iceberg can be compared to an individual’s life or career. The part you can see -- material/financial success -- is only the very tip, and it is entirely based on what lies hidden underneath. In Michael’s case, although his business had failed, he had succeeded in developing a personal brand, professional network, skills, and had even grown in many of the 21st century skill areas (i.e. adaptability, resilience). He could use these developments as assets to serve in his next career move, and he did.

4. **PPT Slide 8:** Make the correlation between Resilience and Grit. Play the Angela Duckworth Ted Talk: www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_andperseverance

   Have students work in pairs to discuss the following prompt: Describe a time in your adult life when you failed, perhaps in school or work. Remember “failure” can mean when things you planned did not turn out how you’d hoped. How did you respond? What could you have done differently? What did you learn from this failure?

   You can ask for volunteers to share their responses and examples with the class to enlarge the group discussion.

5. **PPT Slide 9:** Show the Michael Jordan video as an example of this concept of perseverance: www.youtube.com/watch?v=45mMioJ5szc

6. **PPT Slide 10:** Go over the importance of feedback in the process of resilience, and how to take a balanced approach to your responses so you can benefit from input and move forward. Play the Resilience Assessment Video and discuss the best option. Please read the note in the Media section of this lesson plan.

   You can access the playlist here: www.youtube.com/playlist?list=PLWCjcrQpQzFZn9kWvXIKTnd-DOscOEs6A

7. **PPT Slides 11-17:** Pass out the Resilience Exercise Handout. It is best if students can use a current challenge they are facing rather than one in the past. Have them pair up for input as they work through the handout.
**CLASS CLOSURE:** (How the information relates to students’ life experiences/academic goals and/or the intro. for the next session of instruction.)

LinkedIn and New World of Work have partnered to provide suggested next steps after each of NWoW’s 21st Century Skills lessons. Learners can go through self-paced, online video courses through LinkedIn Learning’s Lynda.com platform to build on their knowledge and application of employability skills. This can be done within the class, assigned as homework, and/or hosted online if you are incorporating a hybrid format. Learners earn certificates of completion, which can be showcased on their LinkedIn profiles along with digital badges and skills verifications.

Go to: [www.linkedin.com/learning](http://www.linkedin.com/learning)

**Suggested Courses and Videos for Resilience at the Postsecondary Education Level**

- **Achieving Your Goals:**

- **Balancing Work and Life:**

- Learn the importance of goal setting:

- Set priorities:
  - [www.linkedin.com/learning/developing-business-acumen/set-priorities](http://www.linkedin.com/learning/developing-business-acumen/set-priorities)

- Learning from your mistakes:

- Giving feedback
  - [www.linkedin.com/learning/communication-tips-weekly/giving-feedback](http://www.linkedin.com/learning/communication-tips-weekly/giving-feedback)

- Building new skills:
  - [www.linkedin.com/learning/getting-promoted/building-new-skills](http://www.linkedin.com/learning/getting-promoted/building-new-skills)

- Resolving conflict:

- Prioritization overview:

*Videos are hyperlinked and can also be accessed through the NWoW-LinkedIn Crosswalk*