



Curriculum on Resilience Education



COURSE BOOK

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Sponsored by LEAD Pittsburgh



UNIT 1

Understanding Resilience

LESSON	TOPICS	COURSE BOOK MATERIALS
<p>Lesson 1 What is resilience? <i>20 min</i></p>	<ul style="list-style-type: none"> • Purposes and goals of CoRE® • What is resilience? 	<ul style="list-style-type: none"> • What Is Resilience? • Learned Helplessness vs. Learned Optimism
<p>Lesson 2 My resilience <i>20 min</i></p>	<ul style="list-style-type: none"> • My resilience factors • Identifying my resilience strengths and areas for improvement 	<ul style="list-style-type: none"> • My Resilience Factors • Four Areas of Resilience
<p>Lesson 3 Threats to my resilience <i>20 min</i></p>	<ul style="list-style-type: none"> • My responses to stress or adversity • Identifying adaptive vs. maladaptive responses 	<ul style="list-style-type: none"> • My Responses to Stress • How Stress Affects Us

AT-HOME ASSIGNMENT

- Stress Inventory
- My Thinking Style



UNIT 2

Life Events

LESSON	TOPICS	COURSE BOOK MATERIALS
<p>Lesson 1</p> <p>Understanding stress</p> <p>20 min</p>	<ul style="list-style-type: none"> • Types of stressors • Daily hassles 	<ul style="list-style-type: none"> • Types of Stressors • Stress Inventory • Steps for Taking a Purposeful Break • My Emotional Reserve
<p>Lesson 2</p> <p>Stress and resilience</p> <p>20 min</p>	<ul style="list-style-type: none"> • Life changes • Traumatic life events • Coping strategies • Thought patterns and resilience 	<ul style="list-style-type: none"> • What We Think Matters! • Check It Out!
<p>Lesson 3</p> <p>Thinking through stress</p> <p>20 min</p>	<ul style="list-style-type: none"> • Past, present, and future thoughts • Automatic thoughts • Problematic thinking styles • Altering negative thoughts 	<ul style="list-style-type: none"> • My Thinking Style • The 3-Ps of Thinking • Sample Thought Record

AT-HOME ASSIGNMENT

- 3-P Challenge: My Thought Record
- Social Connections Inventory



UNIT 3

Social Connections

LESSON	TOPICS	COURSE BOOK MATERIALS
<p>Lesson 1 My social connections <i>20 min</i></p>	<ul style="list-style-type: none"> • Types of social connections • Supporting others 	<ul style="list-style-type: none"> • Social Connections Inventory • Types of Social Connections
<p>Lesson 2 Dealing with social challenges <i>20 min</i></p>	<ul style="list-style-type: none"> • My social stressors • How cognitions can interfere with social connections 	<ul style="list-style-type: none"> • Social Stressors • Managing Our Social Cognitions
<p>Lesson 3 Making connections <i>20 min</i></p>	<ul style="list-style-type: none"> • Skills for building social connections • Verbal and nonverbal communication • Communication and listening • Building social connections 	<ul style="list-style-type: none"> • Expressor/Listener Exercise • Communication and Listening Skills

AT-HOME ASSIGNMENT

- My Self-Care
- Composite Scale of Morningness



UNIT 4

Self-Care

LESSON	TOPICS	COURSE BOOK MATERIALS
<p>Lesson 1 Taking care of myself <i>20 min</i></p>	<ul style="list-style-type: none"> • Self-care • Self-care and resilience • My self-care • The key is balance 	<ul style="list-style-type: none"> • Taking Care of Yourself • My Self-Care
<p>Lesson 2 Healthy daily practices <i>20 min</i></p>	<ul style="list-style-type: none"> • Circadian rhythms • Avoid health hazards 	<ul style="list-style-type: none"> • Typical Circadian Rhythm • Composite Scale of Morningness • Keeping Your Rhythm • Healthy Coping Strategies
<p>Lesson 3 Healthy self-care attitudes <i>20 min</i></p>	<ul style="list-style-type: none"> • Relaxation • Self-discovery • Positive self-attitudes • Balance 	<ul style="list-style-type: none"> • Clubs and Social Groups • My Self-Attitudes • Positive Self-Attitudes

AT-HOME ASSIGNMENT

- Value Sort



UNIT 5

Goal Setting

LESSON	TOPICS	COURSE BOOK MATERIALS
Lesson 1 What I value <i>20 min</i>	<ul style="list-style-type: none"> • My strengths and values • Role models • Values and resilience 	<ul style="list-style-type: none"> • Value Sort • My Role Models • Values and Resilience
Lesson 2 My goals <i>20 min</i>	<ul style="list-style-type: none"> • Goals • SMART goals • Chunking goals • Developing SMART goals 	<ul style="list-style-type: none"> • SMART Goals • My SMART Goal
Lesson 3 Taking action toward resilience <i>20 min</i>	<ul style="list-style-type: none"> • Resilience review • Steps to resilience • Resilience action plan 	<ul style="list-style-type: none"> • Keys to Resilience • Steps to Resilience • My Resilience Action Plan