



Resilience Checklist and Plan of Action: Going Abroad

Adapted from: 'Resilience Checklist' by Dr. Angie Barrett, Educational Psychologist. Inclusion Conference Jan 2016
http://www.ptsa.org.uk/page/conference/documents/inclusions_jan_2016/Resilience%20Checklist.pdf

Coping with going abroad, being away from family, friends, and familiar environment can be very difficult. Developing resilience, or the 'capacity to recover quickly from difficulties; toughness', can help you cope with hard times you will encounter. The tables below list some factors that help ensure resilience, and help 'protect' you when you experience difficulties.

Task: Check off each 'protective factor' you have. Give examples that demonstrate this factor. If you lack that factor, list some strategies in the 'action plan' to ensure you work towards building your capacity in that area. Finish by reflecting on the questions in the Action Plan.

Protective Factors	Examples
I HAVE....	
People around me I trust and who love me, no matter what (trusting relationships)	
People who set limits for me so I know when to stop before there is danger or trouble (structure and rules)	
People who show me how to do things right by the way they do things (role models)	
People who want me to learn to do things on my own (encouragement to be autonomous)	
People who help me when I am sick, in danger or need to learn (access to health, education and welfare)	
<p>ACTION PLAN</p> <p>What strategies do you use to create a 'safe base' and a sense of security in Canada?</p> <p>What strategies can you use to recreate that 'safe base' when you are abroad?</p>	

Protective Factors	Examples
I AM...	
A person people can like and love (loveable and likeable)	
Glad to do nice things for others and show my concern (loving, empathetic and altruistic)	
Respectful of myself (proud of myself)	
Willing to be responsible for what I do (autonomous and responsible)	
Sure things will be alright (filled with hope, faith and trust)	
ACTION PLAN What strategies do you use to build your inner strength and self-belief? What strategies can you use to cope when you are feeling doubtful about your strength or ability?	

Protective Factors	Examples
I CAN...	
Talk to others about things that frighten or bother me (communicate)	
Find ways to solve problems that I face (problem solve)	
Control myself when I feel like doing something not right or dangerous (manage my feelings and impulses)	
Work out when it is a good time to talk to someone or take action (gauge the temperament of myself and others)	
Find someone to help when I need it (seek trusting relationships)	
ACTION PLAN: I CAN... What positive strategies do you use to solve personal and inter-personal problems or conflicts? How can you apply those strategies in a new environment, where language and cultural barriers exist?	