

# Strategies to Create Resilient Classrooms (DRAFT)

## 1. Introductions: Impressions Matter

- a. Ask questions and give them the authority to disclose or not.
- b. Create opportunities to share stories with each other and with you.
- c. Share your own story
- d. Signal radical inclusivity AND high expectations.

## 2. Physical and Emotional Spaces: Co-Creation

- a. Set class culture and expectations with explicit discussions on norms and rules.
- b. Arrange the physical space and seating collaboratively (if possible). Allow for seating options.
- c. Articulate your expectations with a rationale.

## 3. Interrupting Anxiety: Name What's Happening

- a. Give the stress a name (like the fight, flight, flee, or appease reactions).
- b. Acknowledge that academic rigor involves healthy levels of stress.
- c. Explore different ways to address stress and anxiety with students.
- d. Understand the many triggers for students (test taking, public speaking, social situations, writing, math, etc.) and how it manifests in their behavior.

## 4. Preparing for Conflict: When the S\*it Hits the Fan

- a. Develop practices for addressing different kinds of stress and behaviors (i.e., timing and scripts when pulling a student outside the class, addressing group and class conflict, etc.)
- b. Know when a class needs space to debrief and discuss.
- c. Ask for outside support and help!!!!

## 5. Addressing Challenges and Failure: Moments of Learning

- a. Adopt a growth mindset and turn challenges and failures into learning moments. (The power of "yet").
- b. Invite them back to keep trying and working. Keep the invitation open.
- c. Divorce the efforts from judgment of the person. (The work/effort/focus needs improvement v. you need improvement).

## 6. Caring for Ourselves: Reflection, Support, and Growth

- a. All of this presupposes that we (meaning providers, instructors, counselors, etc.) continue to reflect and build our own awareness, find the ability to forgive students and ourselves, and to continually learn and grow in the process.
- b. This takes intention, awareness, and time -- find what works for you and with whom you can do this!
- c. Take care of yourself and take a vow not to burn out!

*This draft was created by Scott Hoshida and Janine Greer, 11/2019 based on a lot of research that still needs to be cited. We'd love feedback! Please email any edits, suggestions or questions to [shoshida@peralta.edu](mailto:shoshida@peralta.edu).*