



Resilience Counseling & Training Center

*Providing counseling, training and
consulting services around the world.*



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Resilience: The forgotten 4th 'R' in Education

Research evidence now clearly indicates that one's '**RQ**' (Resilience Quotient) is the single best predictor of academic, career, personal, and social success in life. It predicts success in life 70% greater than does IQ and is significantly more predictive of success in life than measures such as one's GPA, SAT/ACT scores or Self-Esteem measures. Furthermore, one's '**RQ**' has been shown to play a crucial, protective role in "immunizing" youth against failure, dropping out of school, substance abuse, mood/behavioral disorders, and the full myriad of personal adjustment difficulties.

What is Resilience (RQ)?



Resilience is the ability to set a positive, productive, fulfilling and goal-oriented direction in life (personal, familial, relational, and occupational) while also being equipped to handle the inevitable adversities, stressful events, difficulties, rejections, failures, and setbacks of life in stride. It is the ability to "bounce back" and continue moving forward in that same positive, socially useful, productive, and contributive direction in life. At the Resilience Counseling & Training Center, we like to think of

resilience as both 1) a "**SOCIAL VACCINE**": Immunizing youth from the myriad of today's social problems, and 2) an "**ANTIDOTE**" that turns "at-risk" youth around toward personal, social, and academic/career success.

Research suggests that development of resilience, or one's Resilience Quotient, involves three primary components:

1. The availability of positive, supportive social environments in the home, school and community,
2. Adults teach the essential social-emotional competencies for Resilience & personal well-being.
3. Adult/Child communication patterns which foster the development of a "growth mindset", i.e., the belief that with effort, every child can improve, grow, and ultimately succeed.

The more these three factors are present, the higher one's '**RQ**'! High '**RQ**' youth are found to be more successful academically, to have higher aspirations and to be significantly less likely to engage in destructive behaviors such as bullying, substance abuse, delinquency, and so forth.

Put another way, there are actually not three but rather four **R's** in Education: **R**eading, **wR**iting, and **aR**ithmetic, and **R**esilience!

Unfortunately, over the past half century or more, both parents and schools have increasingly abandoned the traditional emphasis on Resilience and personal development and focused almost exclusively on academic achievement. Beginning in the late 1950's and early 60's schools began to abandon their long standing priority on combining academics with character and social development. Resilience can be viewed as the forgotten **4th 'R'** in the education of youth; the consequence of this has been a rise in social adjustment/behavioral problems and decreased achievement.

Research has demonstrated that when schools include Social-Emotional Learning in the curriculum, (i.e., one of the 3 components of Resilience) academic achievement among students improves from 11 - 17%! In the book "*How Children Succeed*", Paul Tough has documented how social-emotional competencies play a greater role in preparing children for success in school and life than does intelligence or test scores.

So what are the practical implications of this body of research on Resilience? Schools and parents need to work collaboratively in promoting the infusion of social-emotional learning (i.e., SEL) into the curriculum.

Many programs in Social Emotional Learning (SEL) have already been developed such as Second Step, Passport2Peace , Developing Resilient Youth, and Mindfulness training programs, to name but a few. Our schools could greatly improve the quality of their "product" (i.e., well educated, responsible and productive young adults) by using such SEL programs as a starting point in designing their own, comprehensive Resilience/SEL program and return the **4th 'R'** back into the school curriculum.

As Dr. John Smith stated in 1781 when establishing one of the first schools in this country, Phillips Exeter Academy, *"Above all it is expected that the attention of the instructors to the disposition of the minds and morals of the youth under their charge will exceed every other care; well considering that though goodness without knowledge is weak and feeble, yet knowledge without goodness is dangerous, and that both united form the noblest character and lay the sweet foundation of usefulness to mankind."*

NEXT MONTH'S RCTC NEWSLETTER TOPIC:

"Developing Positive Family & Classroom Environments"

**Interested in learning more about Resilience and
Social-Emotional Learning?**

Go to the free Download articles posted on the

Publications page of our **RCTC** website:

www.resiliencecounselingcenter.com

1. **Developing Capable Youth.** An article by Dr. W. G. Nicoll published in a journal of the British Assoc. for Counseling & Psychotherapy
2. **Raising Student RQ's:** Workshop materials from one of RCTC's introductory, professional development workshop for educators.

OR

Contact our RCTC office regarding parent education and parent coaching services, speaking services for groups and organizations, or professional development programs for schools.

Tel: (603) 730-5467 or **Email:** resiliencectc@aol.com

[Additional Links For information on SEL](#)

European Network for Social Emotional Competence:

www.enseceurope.org

Collaborative for Academic, Social and Emotional Learning

www.casel.org

Social Emotional Learning Alliance for Massachusetts:

www.sel4ma.org

January 20, 2016: RCTC will offer the first in a series of monthly evening seminars focusing on developing healthy relationships and positive families and classrooms.

**(Seminars are Free & Open to the general public)
at the Eastern Slope Inn, North Conway.**

Date/Time:

Wednesday, January 20, 2016, 6:30 - 7:30pm

Topic:

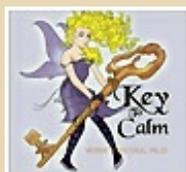
"Helping Children Succeed: What parents and teachers need to know".



RCTC serves as the USA Coordinator for ENSEC: Bill & Monica Nicoll at the Resilience Counseling & Training Center in North Conway, NH also serve as the USA Coordinators for the **European Network for Social Emotional Competence (ENSEC)**. This European based

organization has now grown to a worldwide effort involving educators around the globe in promoting resilience and positive child and adolescent development via social-emotional learning in schools and creating positive home and school environments.

Contact [RCTC](#) if you, your school, or your organization is interested in learning more about SEL programs and research.



A children's fairytale that teaches children and parents to self-calm, develop a more positive family environment, and to foster emotional intelligence (EQ). By Dr. Monica Nicoll.

Order via Amazon, Barnes & Noble, or the [RCTC website](#).

RCTC's Suggested Books of Interest

1. "How Children Succeed: Grit, curiosity, and the hidden power of character" by Paul Tough (2012, Houghton Mifflin Harcourt publishers). The author provides clear evidence that we need to rethink our approach to education. He provides new insights into why some youth of privilege still fail and why and how children experiencing stress, adversity and poverty sometimes still succeed. Provides an optimistic perspective that could potentially change how we raise children and run schools.

2. "Chasing the Scream" by Johann Hari (2013, Bloomsbury Circus publisher). A must read for anyone working in the area of drug abuse prevention and treatment as well as those interested in improving our drug policies and treatment programs. The author challenges the long held, but false, assumptions regarding drug abuse that are at the foundation of the failure of the 'War on Drugs' movement and our largely unsuccessful substance abuse treatment models.

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