

PRESTRUCTURAL

No idea
Ready

I need help to get
started

1

I am not sure about any strategies to overcome challenges.

2

When things become too hard, I tend to disengage and may opt-out.

3

I do not fully understand what resilience means or how it will benefit me.

4

I am unsure how to be resilient in challenging situations.

5

I lack confidence when situations get too difficult.

6

I need help to overcome tough situations.

UNISTRUCTURAL

One Idea

I have one idea

1

I know that resilience is about bouncing back from tough situations.

2

I am aware of some strategies to deal with difficult experiences, but I can only remember one.

3

I can only think of a few times when I have been resilient, but I'm unsure why it worked.

4

I have used one strategy that helped me overcome challenge, but I haven't used it again.

5

I still need lots of help to overcome challenges. I often need extrinsic motivation and rewards to help me.

6

I still find it easier to disengage in challenging situations rather than finding a way to get past the problem

MULTISTRUCTURAL

Many ideas

I have many ideas about the topic

1

I know resilience is about bouncing back from tough situations, and there are different strategies to deal with difficult experiences.

2

I can think of quite a few examples of when I have been resilient in different situations.

3

I know what resilience is, but I don't always know how to use it myself.

4

I know some strategies to deal with difficult experiences. Extrinsic rewards still motivate me to be resilient

5

I have seen other people use resilience, and am starting to see the benefits of it.

6

I feel positive and successful when I have been resilient in a variety of situations.

RELATIONAL

Connecting Ideas

I have ideas about the topic and I can make connections between them.

1

I have been thinking about different times when I have been resilient, and I can see some patterns in my behaviour.

2

I know what resilience is, and I can apply it in different situations.

3

I can think of lots of examples of when I have been resilient, and understand why it worked.

4

I notice when other people that I am working with are being resilient, and can see how it benefits them.

5

I am starting to see the link between being resilient and my well-being. I am more intrinsically motivated to find a solution.

6

My esteem and confidence have grown as a result of being resilient in a variety of different situations.

EXTENDED ABSTRACT

Going further

I have connected ideas and look at them or think about them differently. I can innovate and create. I can use my knowledge to take action

1

I know what resilience is, and I can apply it in different situations. I can also see how it is linked to other concepts like perseverance and determination. I am intrinsically motivated to succeed.

2

I can identify different times when I have been resilient, I have seen the benefits, and I have tried to apply these strategies to other situations.

3

I can think of lots of examples of when I have been resilient, and understand why it worked. I am always trying to find new ways to be more resilient, and I am confident in my abilities.

4

I know what works for me, and I am constantly trying to improve my resilience. I have adapted strategies to suit my needs, and used them across all areas of my life.

5

I can see some patterns in my behaviour, but understand that I need to make an effort to change my mindset in order to be resilient to succeed.

6

I understand that resilience is needed in all areas of life, and I use this as my default when faced with adversity. Resilience leads to success.