

# Case Study: Year 13 Resilience Session



## Background

In October 2020 Shannen (Higher Education Progression Advisor) delivered virtual resilience sessions to Y13's at Calderstones via Microsoft Teams. Shannen met with her contact at Calderstones who expressed concern about learners mental health having experienced major disruption and school closures due to the Covid-19 pandemic. Together they discussed an intervention to help learners feel empowered and motivated towards their final year of study. It was felt that these sessions would work best in small groups where learners could take time to reflect on their own experiences, and set goals for their future. Therefore it was decided that these sessions would be delivered over a week in form classes, to give the learners an opportunity to fully engage and discuss the topics.

## Summary of Activity

During sessions learners were able to learn more about resilience, including what it is, how it is developed and support services which can be accessed. Students worked through an academic resilience case study which demonstrated the opportunities for accessing support services, both in school and at university. Students also received a workbook which included multiple activities to build resilience, identify support networks and reflect on their own experiences.

## Outcome

This session was well received by pupils who engaged well and interacted with all activities. Teachers were also impressed by the resource and requested it for multiple year groups, including an adapted session for pre-16 students. Shaping Futures were also asked to contribute to Calderstones Wellbeing Newsletter by condensing the main themes of the session into top tips for improving resilience.

**Calderstones – 26-31<sup>st</sup> October 2020**