RESILIENCY

The individual characteristics associated with healthy development and life success.

- Also referred to as personal assets or personal competencies.
- Additionally, environmental protective factors also contribute to one’s resiliency.

It is also important to note that resiliency is a universal capacity; which means we all have are own unique set of protective factors.
ROLE OF PROTECTIVE FACTORS IN HUMAN SYSTEM

Figure 4. The Role of Protective Factors in Human Systems

<table>
<thead>
<tr>
<th>Protective Factors</th>
<th>facilitate</th>
<th>Positive Development</th>
<th>leading to</th>
<th>Successful Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring Relationships</td>
<td></td>
<td>Brain Development</td>
<td></td>
<td>Successful Individuals</td>
</tr>
<tr>
<td>High Expectations</td>
<td></td>
<td>Human Development</td>
<td></td>
<td>Healthy Families</td>
</tr>
<tr>
<td>Participation</td>
<td></td>
<td>System Change</td>
<td></td>
<td>Effective Schools</td>
</tr>
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<td>Healthy Communities</td>
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<td></td>
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<td></td>
<td>Learning Organizations</td>
</tr>
</tbody>
</table>

Positive development and successful outcomes in any human system depend on the quality of the relationships, beliefs, and opportunities for participation.
REV. MARTIN LUTHER KING, JR. – A MODEL OF RESILIENCY

Youtube Video
Martin Luther King, Jr. Mini Bio

http://www.youtube.com/watch?v=3ank52Zi_S0
SMALL GROUP ASSIGNMENT & SHORT BREAK
SMALL GROUP ACTIVITY

Think of WMU as a community and what we as a community can do to promote resilience in:

- Ourselves
- Our community
- Other community members
LARGE GROUP ACTIVITY

• Share your group’s findings
• Categorize them according to the Risk to Resilience chart (handout in your folder).
CLOSING REMARKS
DR. SUZIE NAGEL

2/28/2012