

APPLICATION BRIEF

Armbrae Academy



R2



Resilience
Research
Centre

<https://resilienceresearch.org/r2/>

INTRODUCTION

Armbrae Academy contacted the RRC seeking a program to build the resilience of their students. The intent was to provide teachers and staff with detailed information and resources they could adapt into lesson plans to educate and support students.

THE APPROACH

R2 learning modules were provided to teachers and staff, which included important and novel research regarding the protective factors, which were the focus of the program, as well as standardized measures and template activities that staff could adapt into lesson plans. The RRC facilitated the adaptation of modules by offering recommendations and reviewing potential activities.

Evaluation:

A brief resilience and wellbeing survey used at the start of the school year. Students completed this survey again three, six, and nine months later.

PROJECT DETAILS

Start Date: May 2020

Location: Nova Scotia, Canada

Population: Elementary, middle and high school teachers who work with students in an independent (private) school setting.

FACTORS CHOSEN

A Delphi approach with Armbrae Academy staff, students, and their parents, led to the decision that a resilience-building program most relevant to students would include the following 12 protective factors, which specific factors aimed at different school levels.

R1: Rugged Qualities



Communication skills



Critical thinking



Empathy



Motivation/perseverance



Problem solving



Self-esteem/confidence

R2: Resourced Qualities



A supportive peer group



Appropriate use of social media



Opportunities to fix one's mistakes



Opportunities to make decisions for oneself



Reasonable consequences for one's actions



Reasonable expectations for how one should behave