



# Resilience & Learned Optimism

## Standards & Learning Objectives

National Council for the Social Studies Themes  
4 INDIVIDUAL DEVELOPMENT AND IDENTITY

ASCA National Standards for Students

Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire Self-knowledge

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.2 Identify values, attitudes and beliefs

PS:B1 Self-knowledge application

PS:B1.1 Use a decision-making and problem-solving model

CASEL

### Self-Awareness

Accurate self-perception

Recognizing strengths

Self-efficacy

### Self-management

Impulse control

Self-discipline

Self-motivation

### Responsible decision making

Evaluating

Reflecting

Learning Objectives:

#### At the end of this lesson:

Students will be able to identify the three characteristics of negative (pessimistic) self-talk.

Students will be able to identify the three characteristics of positive (optimistic) self-talk.

Students will be able to describe the type of mental "self-talk" likely to lead to success and happiness.

Students will be able to dispute self-defeating thoughts and substitute more empowering internal messaging.

Students will have developed the skills of "learned optimism" as an antidote to learned helplessness and self-defeating pessimism.

Students will be able to define resilient, pervasive, adversity.