

Appendix 7 - First resilience task

The first activity with learners was a vision activity 'The rule of three' activity 7 on page 19 of 'GCSE mindset student workbook' Steve Oakes and Martin Griffin (2018). The idea is for learners to identify small steps every month for each half term to achieve their long-term goal.

All they had to do was identify what they were going to do and then commit to doing it. In terms of outcomes, 96% of learners within the pilot completed the initial resilience task with 85% revisiting the sheet in subsequent months.

Staff felt that learners valued this task as it allowed them to be reflective on their prior learning experiences.