

Understanding Self

By Dr Andrew Wicking

‘Understanding Self’ is one of 9 domains measured by Resilient Youth Australia’s Resilience Survey.

The skills of creating great relationships requires an awareness of the range of your own emotions; the ability to understand how other people feel; the ability to calm ourselves down rather than blaming or acting out our upset on others; and being able to clarify your own values so that you know what sort of person you want to be and the sort of person you want other people to know you as.

“The development of personal and social capability is a foundation for learning and for citizenship.” Australian Curriculum-Personal and Social Capability.

Empower parents as educators

Develop regular communication with parents about parenting (e.g. school newsletter items). Suggest parents ask questions like, “It looks to me that you are feeling.... Is that right?” Suggest that parents help students to identify the feelings of others.

Ask students about their feelings

Ask students questions like, “How do you think that person is feeling?” “What sort of day do you think that person is having?” and “When ... happened how do you think that person felt?”

Encourage and promote emotional intelligence

Focus on the essential self-awareness skills. These are knowing your own feelings, being able to accurately interpret the feelings of others and knowing how to calm down when you are angry or upset. These have been called emotional intelligence and are strongly predictive of academic and career success.

Teach a lesson about positive emotions

Use the free lesson resource “Positive Emotions”, available on the Resilient Youth Australia website.

Teach a lesson about uncomfortable emotions

Use the free lesson resource “Uncomfortable Emotions”, available on the Resilient Youth Australia website.

Social and emotional learning programs

Choose from the wide array of programs available to schools. Highly recommended: The Resilience Project.

<https://theresilienceproject.com.au/>

Use students sense of fun to foster social skills

Check out GAME CHANGERS, a Resilient Youth Australia program designed for secondary school students to enhance social skills, resilience and the wellbeing of emerging leaders in secondary school.

<https://resilientyouth.org/game-changers>

Discuss positive coping strategies

Broaden the repertoire of students' coping strategies by discussing tricky moments in life and how to deal with them. One easy way to do this is to use excerpts from popular soap operas and TV shows.

Take a deep breath

Talk about how to calm down. Ask them what they think helps them to do this. Help them to implement a cool down process when they are upset. For example, suggest deep breathing or 'counting to ten' or finding a quiet place for 'time out'.

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To inquire about our surveys and programs or to join our newsletter:

<https://resilientyouth.org/home>

For more Free Resources or to download our free eBook '101 Resilience Building Ideas':

<https://linktr.ee/ResilientYouthAustralia>

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