



# Remote Learning Ready



## UPDATE 8



On Monday October 12, we will have the great pleasure of welcoming back to the college all students and staff. Even with masks mandatory across the college, we are excited to have our community safely together once more. Following several weeks of remote learning, we know that students will greatly appreciate the chance to see and speak with their classmates and teachers face to face. Students across all year levels have successfully faced challenges and adapted to a new learning environment this year. Everyone has displayed amazing resilience and should be proud of themselves.

### What is resilience?

Resilience is being able to get up once life has knocked us around. It means adapting to changes that we didn't choose and adjusting our expectations when we aren't able to get what we want or do what we would prefer. Looking on the bright side is a resilient way of thinking.

Instead of beating yourself up about mistakes or failures, consider what you've learned from the experience and modify your behaviour to do better next time. Taking responsibility for your own happiness and controlling how you react in the face of disappointment shows you have a resilient growth mindset.

Simply deciding to try to do things better today than yesterday is the start of becoming a more resilient person. Finding opportunity in adversity and being kind to yourself when you fail leads to greater happiness — and greater resilience — in everyday life.