

# Academic Resilience



## Presented by Steve Ingle

Steve has over 12 years' experience in education. He supports the work of Professor Barry Hymer at the University of Cumbria, fostering action research in education, and professional learning in the principles and practice of Mindset Theory.

**£299 + VAT**

Make sure you ask about additional delegate discounts

- 📌 **Build and embed resilience in every learner and teacher**
- 📌 **How to use the resilience scale to analyse students' academic resilience and develop their individual 'next steps'**
- 📌 **Focus on Excellence and Equity**
  - health and wellbeing
  - raising attainment
  - employability
- 📌 **Academic buoyancy becomes the norm, rather than the hope**

To bring this to  
your school, call  
**01790 755 783**

### Concept and measurement

An introduction to the academic resilience scale  
How to introduce academic resilience to staff  
Discover how students acquire academic resilience  
The difference between academic understanding and resilience

### Embedding academic resilience in your school

Common pitfalls that reinforce learned helplessness  
Create opportunities for self-regulation and meta-cognition  
Use collaborative learning to promote independence and grit  
Employ powerful feedback to develop learners' self-efficacy  
Equip learners to cope and thrive with demanding learning

### Resilience Toolbox

Allow learners to be proactive in their own learning journey  
Reflection tools to help motivate and engage learners  
Develop learners' ability to change their own outcomes  
How to work with a personalised academic resilience toolkit

*"Enthusiastic and knowledgeable – [Steve] found out about our needs and did his best to meet them and give us practical tips."*

Nadia Allen, Thorpe St Andrew School and Sixth Form

*"Steve was highly rated by our staff. He had an engaging manner and was clearly knowledgeable – and the way he enthused a large group of staff on the first day back! Excellent in all respects."*

Wendy Hale, Cowley International College

## Book Now

📧 [osiriseducational.co.uk](https://osiriseducational.co.uk)

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🏠 Call 01790 755 783 to run this course in your school

### Delegates receive

- 📌 Multiple practical interventions
- 📌 Assembly ideas
- 📌 Learner-focused activities
- 📌 Practical classroom tools
- 📌 Lunch and refreshments
- 📌 Online post-course support
- 📌 Delegate file including CPD certificate

