



# Supporting the Resilience of Students Experiencing Homelessness

October 11, 2022



[www.schoolhouseconnection.org](http://www.schoolhouseconnection.org)

# SchoolHouse Connection Scholarship

Deadline October 15!

## Eligible students:

- Under 20 years old
- Entering college for the first time

<https://schoolhouseconnection.org/youth-leadership/scholarship-program/>

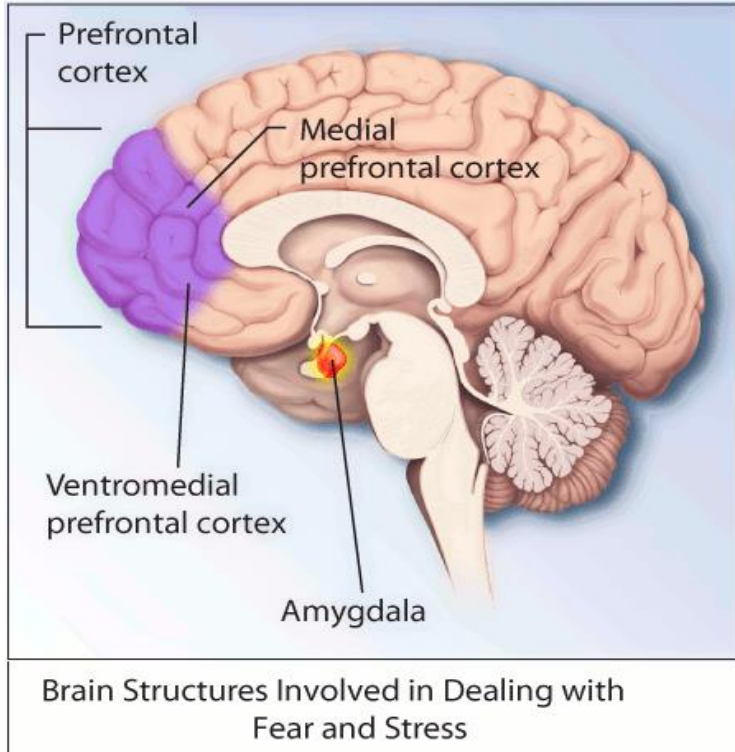




# **F**ostering **R**esilience, **O**pportunities and **G**rowth

- We all have a part to play.
- What gets your frog jumping?

# What is Resilience?



Prefrontal cortex frog



Amygdala frog



Social competence



Good problem-solving skills



Self-awareness

**Observable  
characteristics  
of resilient  
people:**



Sense of purpose and  
belief in a brighter  
future

# Four resilience rules

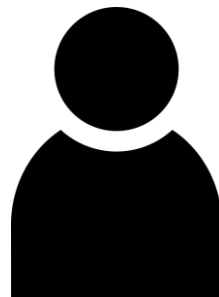
A stylized illustration of a diverse group of people of various ages and ethnicities. In the foreground, a woman with dark skin and short black hair is looking forward. Behind her, a man with dark skin and short black hair is wearing a yellow shirt. To the right, an older man with white hair and a woman with dark hair in a bun are visible. The background is a solid teal color.

1. Resilience is the rule, not the exception.
2. It's not in the genes.
3. Resilient people are not super human.
4. There are many specific, easy things each of us can do to foster resilience!

# Our Expert Panel



Cheyenne



Danny

# How to Foster Resilience

1. **Believe** in the potential of each person.
2. **Focus** on listening.
3. **Provide** opportunities for real participation and contribution.





# Contact Information



**Patricia Julianelle**

Senior Strategist for Program Advancement and Legal  
Affairs, SchoolHouse Connection

[patricia@schoolhouseconnection.org](mailto:patricia@schoolhouseconnection.org)