

Ring in the New Year with Resilience



Thursday, January 13 @ 5:30pm-7:00pm via Zoom
Jennifer L. Scully, Head of School at Maplebrook School

Resilience enables people to adapt in the face of adversity, trauma, or stress. It is essential to ensuring that students who experience adversity can still become healthy, productive citizens. Fortunately, resilience can be learned. This workshop is designed to help participants diagnose gaps in resiliency in their school settings and formulate a plan to address those concerns.

Some topics included in this workshop include:

- * Structure
- * Self-control and problem-solving
- * Building communication skills
- * Modelling professionalism

Resilience is a combination of protective factors that enable people to adapt in the face of serious hardship and is essential to ensuring that students who experience adversity can still become healthy, productive citizens.



Jennifer L. Scully is the Head of School at Maplebrook School. She holds a B.A. from SUNY Albany and an M.A. from Fordham University. Ms. Scully has served as the President of the International Association of Special Education as well as the 9th Biennial Conference Chair. She has an expertise in the acquisition of social skills in adolescents, building resilience in students and an advocate for character education. Ms. Scully has spoken at national and international conferences and conducted workshops in social skills, resiliency, and character development. She has published a handbook on the subject for teachers, parents and administrators entitled, *The Power of Social Skills in Character Development: Helping Diverse Learners Succeed*.

RSVP to lauren@bergencasa.org