

# **Academic Resilience**

## **Issues, Challenges and Strategies**

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## FOREWORD

Enduring different levels of teaching has been an important component of my professional expanse. In my long journey in field of education I have undergone many challenges each of which has made me stronger and better. This has been an inspiration for this book to emerge. I felt the need to initiate a discussion the fraternity of educators the significance resilience in the field of education in present context. Gathering together multiple ideas on a concept creates a way to understand and appreciate which I have tried to do in this book. The range of teacher education is from primary to higher, student to parent and humanities to science therefore it is most suitable platform on which we can discuss about resilience and components involving it.

Resilience accounts to managing the everchanging situation so as to coordinate unavoidable changes having a positive impact on the individuals. In this book I have tried to expose the readers to the influence of resilience in the diverse aspects including academics , technology, personality. The experts in the field have put in their best to furnish maximum possible dimensions to resilience in academic situation. It also expresses the ideas how to empower pupil teachers regarding resilience. Different philosophies have proposed their own way of promoting resilience in this book the contributors have covered percepts from the Bhagvad Gita and also from the Islamic Philosophy.

Success is most sought after aspect in the present context which has taken up multiple aspects and dealing with it has become a challenge developing resilience is way towards it. In this book each chapter is dedicated to an important aspect of resilience such as academic achievement, technology and resilience, student engagement and resilience parental involvement and resilience and obtaining academic resilience though social capital. I hope this book will provide the readers with elevating experience towards their perception about resilience and adding to acquaintance. This book is also an effort to embark resilience though knowledge and I hope that all the readers will admire the concepts presented in this text.

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# Chapter 1

## Academic Achievement and Resilience

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**Abstract** – Students going to schools and colleges hold huge pressure of scoring good marks in academics, completing assignments, being on the top list having cut throat competition results in negative impact on Academic achievement and well- being of the students. Today, parents as well as teachers are continuously putting a high workload on children for excelling in their academics. These extreme stress and burden affect the mental health of students. In order to cope up with these adverse situations where the child is totally confused & instable, the concept of resilience in the field of academics has been incorporated which is necessary. It has been seen in researches that students who are academically resilient are good in their academics. It helps students to overcome with their obstacles and have a peaceful and stable life. It helps in adapting any situation in a flexible manner and exhibit positive ideas emotions and higher self-confidence. The higher the students are resilient, higher is the level of their academic achievements. The chapter was further elaborated ways and benefits academic achievements of students.

**Keywords** – Academic achievement, Resilience, Learning environment, Students.

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**Introduction** – The term Resilience has now been the most common terminology which is used by everyone in every aspect of life in some or other way. Likewise the terminology has been used in educational field too. The main aim of teaching nowadays has been focusing in stating importance of building resilience among their students.

### What is Resilience?

One can define the term Resilience as the ability to overcome from difficulty and hardship. It is the necessary skill which is used to cope with life's inescapable obstacles and it is one of the main ingredients to achieve success. It helps to learn to move forward as well as backward in life. Students who

are resilient are very comfortable in conversation and expression of their emotions. Major examples as well as challenges which is faced by students were being resilient is must are as – Change of School, mis-happenings in family, physical illness, dispute in peers and family.

### **Why is Resilience important in education?**

Teaching resilience is beyond memorization, calculation and other traditional learning methods. It requires interaction and engagement. When students start believing in themselves that they are capable and worthy enough to face any kind of obstacles and are able to overcome all the challenges, then they become academically resilient. As we know that man is a social animal and everything whether it is an incident or phenomenon that affects human mind and behaviour. He or she learns a lot from his environment and surroundings. A human behaviour, beliefs, ideas, attitudes, social rituals and ceremonies, all these are shaped by living among a societal world.

### **Academic Achievement and Resilience**

The word Academic Achievement which has been described as those learning outcomes which indicates the scope to which the students have achieved their goals in the process of learning. In today's generation where students are running behind each other and having a cut throat competition. Students are facing adverse situations and tough challenges at all education level whether they are of primary, secondary or higher. The challenges and competition are seen in both of their academic and non-academic fields. As the subject matter for students is getting more and more difficult as they have loads of burden of their assignments, writing of articles, creating something new and last but not least the competition to be at the front and achieve success.

The term academic resilience and Resilience are the term which are inter related to each other. Academic resilience mainly emphasizes on students' academic achievement regardless of their obstacles which they have faced while achieving it.

Researchers such as Cahill, Beadle, Farishy, Forster (2014) have studied and found that there exists certain factors which is attached to resilience.

Academic Resilience is a mixture of :

1. Optimism
2. Pro-social values & Social competence
3. Purpose
4. An attachment to family, to school/college and learning
5. Problem solving skills

6. A positive self-image

7. An effective coping style

If a student builds all these quality in oneself and begin to cope with the situation faced in daily life, he or she will exceed in their academics and achieve great heights in their future. In order to perform better in academics it is very important that students should be facilitated with proper and suitable learning environment which results in good social and emotional development. Students those are academically resilient are able to transform adverse environments into a source factor of motivation, focusing on their goals, possess good problem-solving skills. Studies revealed that school size, teacher-student ratios, school policies and practices, teaching material, school resources, school facilities, physical conditions, home environment, neighbourhood conditions, parent participation and number of qualified / experienced teacher, all these have an influence on student's educational aspirations, academic achievements and access to higher education (Halstead,1974, rutter,1979, walker et al 1995, Higgins 2004). It is the need of us to introduce proper steps to students so that they can overcome these problems which creates stress and pressure among them, which will result in poor performance in academics and inclination in dropout rate.

### **Ways to teach Resilience in classroom**

Every child needs their own nurturing conditions and in a classroom, there exists individual differences. There are students with different social, racial, cultural and economic factors that influence student's achievements and experiences. Classroom environment as well as family environment affects a lot in a child development and growth. In order to students better academic performance certain methods should be adopted so that students can become resilient when they are faced with adversity.

- i. **Changes in Classroom Dynamic** – By adopting good teaching method and making a change in classroom dynamics can help in shaping the culture of classes and making student resilient. Instead of punishing students for their poor performance in academics, teacher should motivate, incorporate positive attitude, focus on the strength of students and promote well-being as well as resilience in students. When resiliency is embedded in the classroom, a teacher can change the live of students.
- ii. **By providing a secure and safe learning environment** – when students feel safe and secure in their classroom, they can aim at their career and build themselves in a better and stable person, and they will pay all their attention in their good academics and their learning power will also improve which will lead to good results and satisfaction.

- iii. **Supportive Relationship with Stable and firm Community** – when students get a supportive environment with their friends, family and teachers, they feel stability in their life. They can share their problems, stress and can remove their anxiety, depressions by sharing their feelings, worries with their guardians so that they can get advice and solutions. A firm community in which the child lives, spent much of their time, get to learn their old traditions and the new changes so that they can balance and maintain their life in a healthy direction.
- iv. **A feeling of belongingness and sense of Identification** – every individual on the earth want the feeling of belongingness and identification as this is the basic need of every human being. This gives a satisfaction to the students regarding their existence. When they are identified by people they get motivated and do their work with more zeal and enthusiasm.
- v. **Positive and good Societal Norms** – norms are the standard according to which a person lives. These norms are set by the society in which the individual lives to live a happy and friendly life. School is also a part of the society where students spent 5- 6 hours and meet other students who come from different backgrounds. Socio-economic status, religion. An institution should frame such norms where every student is treated with equality, love and affection. Through this a student should possess good character, can focus on their studies to perform best in his or her academic achievement.
- vi. **Felicitating with good skill-buildings, planning and decision-making** – this is the major role of school as well as teachers to provide their students good learning environment, build their skills, teach them to plan, take steps and help them in decision making. In order to inculcate all these skills, teachers should give some real-life situations in front of students so that students can brain storm their mind, come forward with new ideas and creativeness, find solutions to tackle adverse situations and live their life in a balance way.
- vii. **Cultural and Social Integration among the Community and Family** – this is the foremost important aspect which helps students to become resilient. A proper balance should be maintained between society and family. A student is a keen observer, he adopts very quickly and phenomenon that is happening in front of them and get to learn from day-to-day life situations. To inculcate resiliency among students, it is necessary that the community and family are having good integration so that students can adopt good social and cultural values.

Thus, we can say that when resiliency is achieved in academic field, performance in academics increases. Students who are academically resilient

can face their academic challenges, failures and problems and also can handle pressure and workload of their classroom which results in improved and better academic performance. Resiliency also helps to improve academic workload, build self-esteem, students' self-efficacy, positive mind peer groups and community and also aids in building emotional support and engagement in schools. Thus, teachers and schools also play a major role in building resiliency among students. Schools and colleges may take steps further to build and enhance academic resiliency in students with the use of right and proper techniques of counselling, suitable and appropriate mentoring and by implementing proper practice and training programmes which will in return lead to a improved and better academic achievement among students.

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