



BUILDING RESILIENCY WORKSHEET



WHAT IS RESILIENCY? IT IS THE ABILITY TO RECOVER AND MOVE FORWARD AFTER A SETBACK OR ENCOUNTERING AN OBSTACLE.

- 1 When you are rejected, it is important to recognize that this is part of life. Some things just aren't meant to be. Remember, it's not just you. Everyone gets unlucky sometime. Try not to spend too much time thinking about what you could have done differently.
- 2 Accept the rejection. Don't deny it. Otherwise, it will be hard to move on.
- 3 Process your emotions. While it may not be the first thing you want to do, try to talk about it with someone else, perhaps a close family member or friend.

WHO ARE TWO PEOPLE THAT YOU TRUST? WOULD YOU BE COMFORTABLE TALKING WITH THEM ABOUT SOMETHING PERSONAL?

- 4 Stay healthy. Use an activity or hobby that can help you focus on something else productively.

DO YOU HAVE A PHYSICAL ACTIVITY THAT CAN TAKE YOUR FOCUS AWAY FROM ANY POTENTIAL REJECTION? DO YOU HAVE A HOBBY OR OTHER ACTIVITY WHERE YOU CAN PRODUCTIVELY SPEND YOUR TIME AND ENERGY?

- 5 Don't allow the rejection to define who you are. You still have strengths and opportunities. Instead, think of the rejection as a redirection. When one door closes, find an open one.

WHAT ARE YOUR STRENGTHS? WHAT ARE YOUR GREATEST CHARACTERISTICS?

WHAT OPPORTUNITIES CURRENTLY EXIST FOR YOU? WHAT WILL YOU DO TO PREPARE FOR FUTURE OPPORTUNITIES?

6 Be brave and find a way to grow and better yourself.

WHAT DO YOU HAVE TO BE THANKFUL FOR? WHO HELPS YOU? WHO DESERVES YOUR THANKS OR RECOGNITION? WHO CAN YOU REACH OUT TO FOR MENTORSHIP, SUPPORT, OR HELP?

RESOURCES

- [Soothing the Sting of College Admissions Decisions](#) (Georgia Institute of Technology)
- [Why you were denied](#) (Oregon State University)
- [Grit: the Power of Passion and Perseverance](#) (Angela Duckworth)
- [How to Bounce Back from Rejection](#) (Harvard Business Review)

ACKNOWLEDGEMENT



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Thank you to **Francis Miller** at **Xi'an Tie Yi High School** for providing us the inputs for this worksheet.

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