

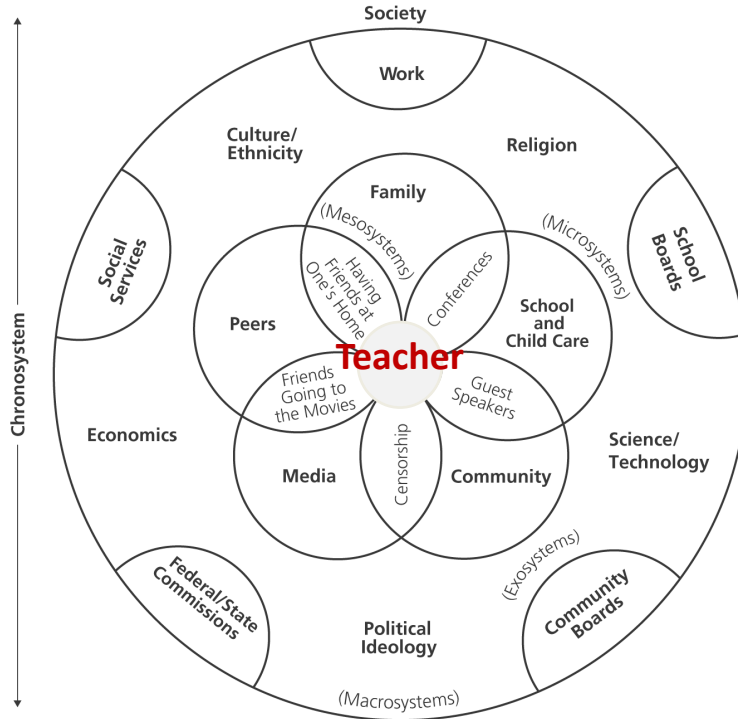
The Resilient Teacher: *You Are NOT An Oxymoron*

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“Every child needs at least one adult who is irrationally crazy about him or her”

Bronfenbrenner, 2005

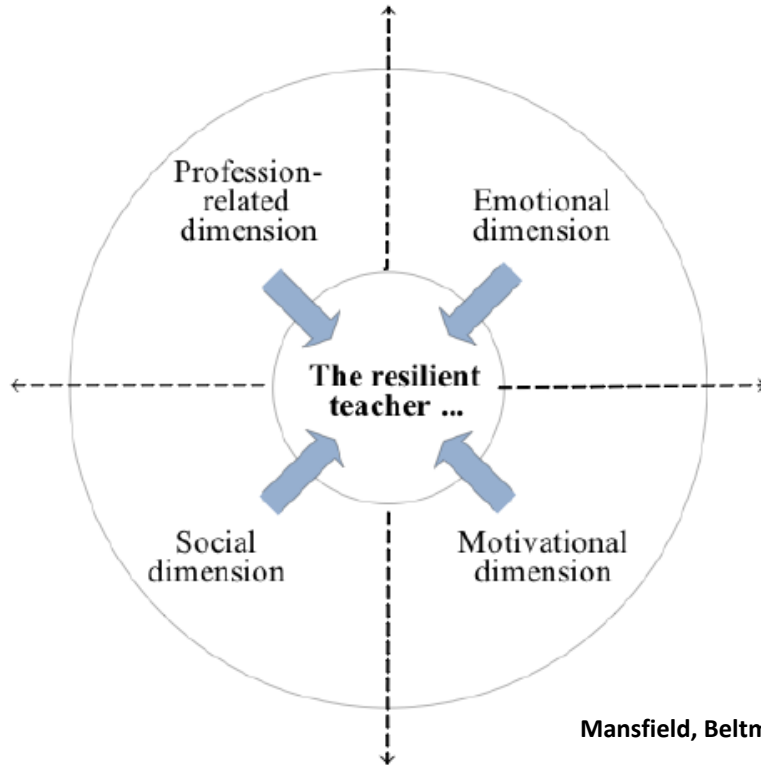
In the context of exposure to **significant adversity**, resilience is both (Ungar, 2013):

- the capacity of individuals to **navigate** their way to the psychological, social, cultural, and physical resources that sustain their well being, and
- their capacity individually and collectively to **negotiate** for these resources to be provided and experienced in culturally meaningful ways.

Other key factors:

- **dynamic process**: interaction b/w person and environment
- **risk and protective** factors: both individual and contextual
- resilient individuals possess **personal strengths**

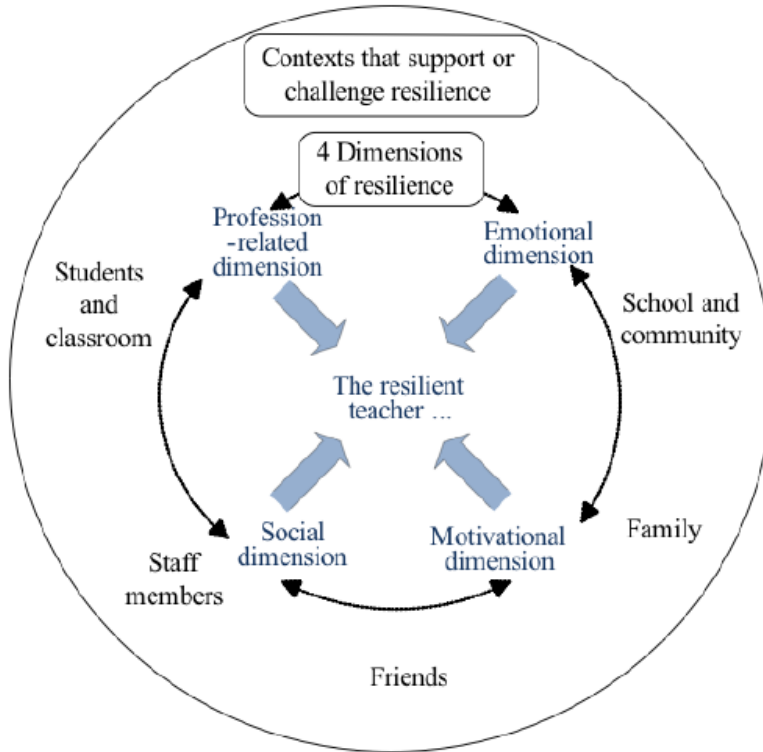
The resilient teacher: 4 dimensions



Mansfield, Beltman, Price, & McConney, 2012

- 259 early career and graduating teachers
- Qualitative and quantitative data collected
- “How would you describe a resilient teacher?”

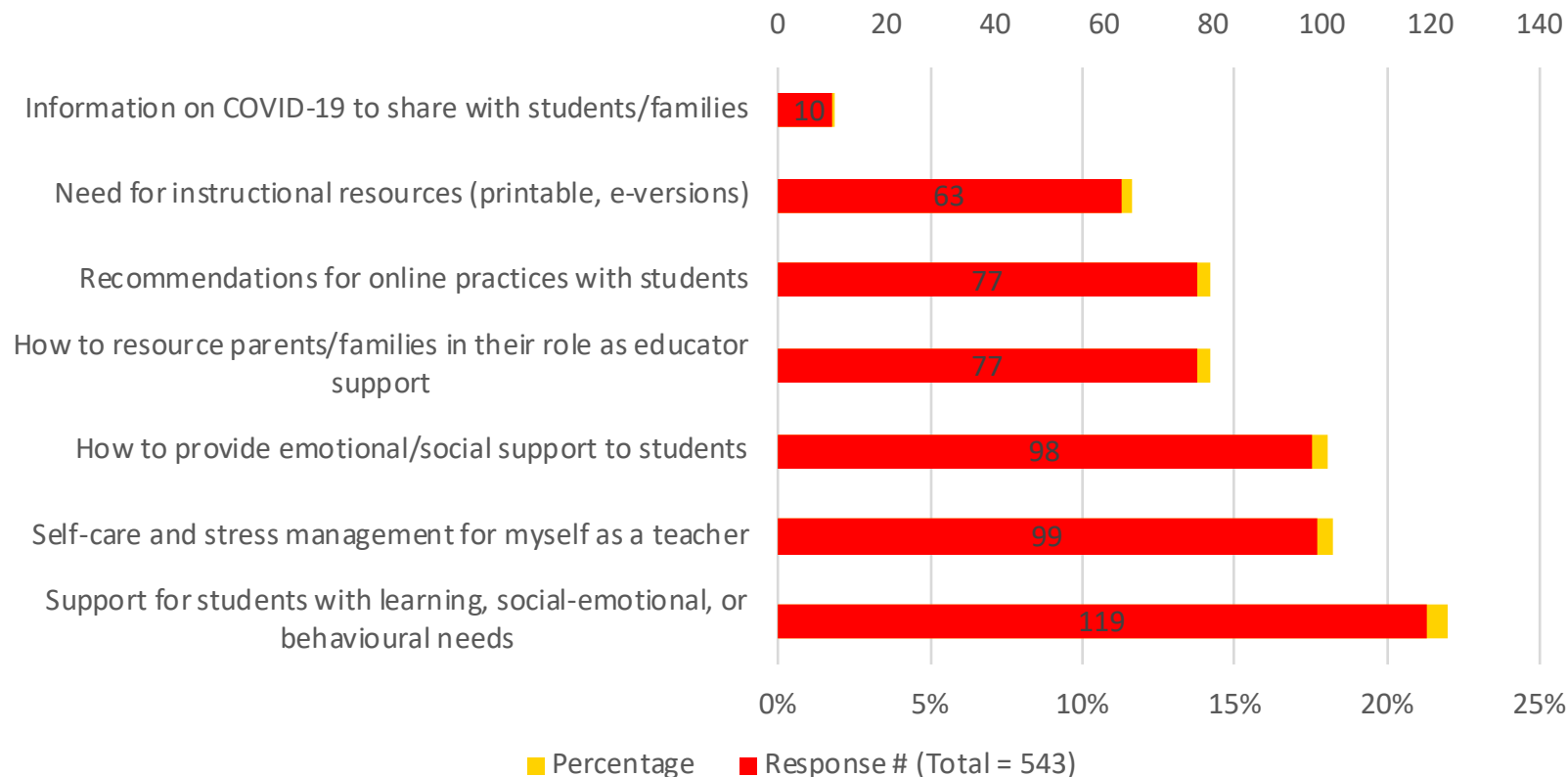
Contexts that support or challenge resilience



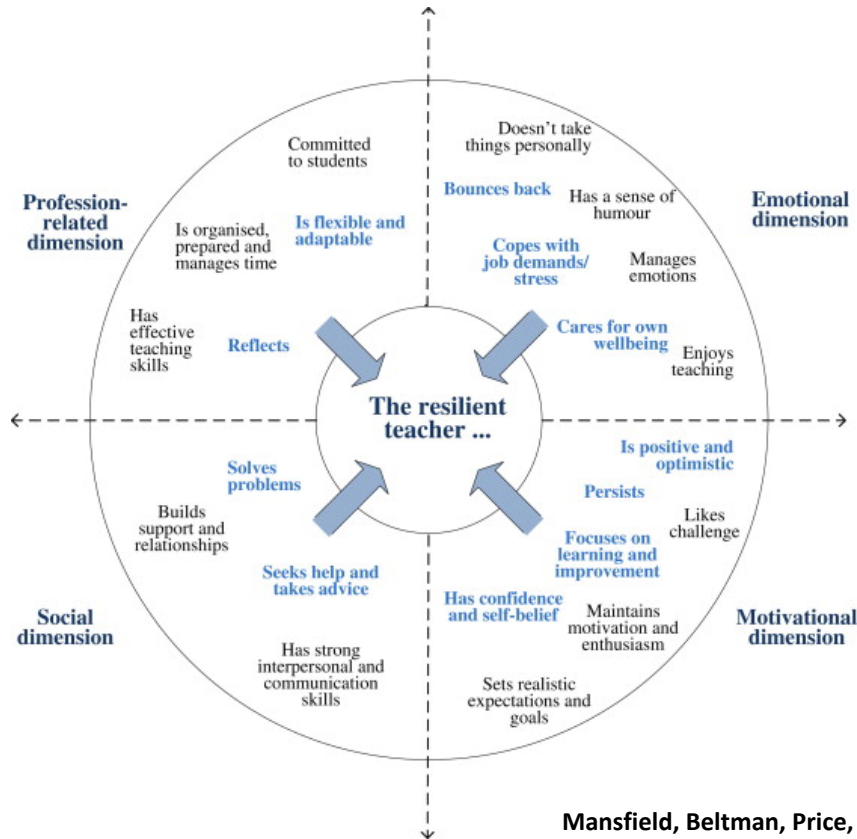
- Context matters!
- The ability to **navigate** access to microsystems of support is critical to resilience
- **Friction** can also be caused by these same microsystems e.g., COVID-19, e-learning, isolation

Mansfield, Beltman, Price, & McConney, 2012

Since you moved to an online instructional format, what is/has been your greatest concerns or needs as a teacher?



The resilient teacher is someone who . . .



Mansfield, Beltman, Price, & McConney, 2012

- Negotiating with these dimensions is what results in resiliency
- The emotional dimension is key, as it drives how others are embraced or rejected e.g., self-regulation

- <https://www.teachmentalhealth.org/>
- <https://www.albertafamilywellness.org/>
- <https://resilienceresearch.org/>
- <https://www.anxietycanada.com/>
- <https://www.commonsemmedia.org/>

EVIDENCED-BASED PRACTICE

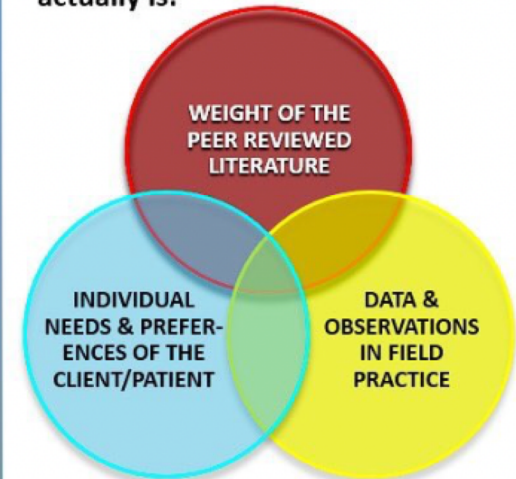
WHAT DOES IT REALLY MEAN?

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What some people
mistakenly think
evidence-based
practice is:



What evidence-based practice
actually is:



“If you wish to understand the relationship the developing person and some aspect of his or her environment, try to **budge** the one, and see what happens to the other.”

Bronfenbrenner, 1977



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