

Grad Transitions - Portfolio 11

Assignment 2: Resiliency

Due Date: Monday December 9th, 2013

Your assignment is to write a reflection about resilience. Use the following questions to assist you with writing your response.

- How do you define resilience?
- How do you respond to stressful situations?
- How do you respond when life does not proceed as you have planned?

Describe 2 situations in your own life that have required you to be resilient. One should relate to your creative life and the other could be from your personal life, academic life, etc.

What did you learn about yourself from these situations?

Your assignment should be approximately 1½ to 2 pages in length. It must be single spaced using 12-point font. Handwritten assignments will not be accepted.

Your first and last name must be clearly marked on all assignments. Please hand completed assignments in to the school office.