

BUILDING RESILIENCE:

A key to academic success

Edison once said

"I have not failed 10,000 times—I've successfully found 10,000 ways that won't work."

This adage resonates with the fact that fostering a positive and resilient mindset among students gives strength to shatter barriers, break stereotypes, and carve new pathways in multiple arenas.

A resilient mindset sees failures not as a setback, but as stepping stones towards greater achievements in all endeavours.

In a world teeming with limitless possibilities, coping with academic pressure is quite a challenging task. A holistic approach in terms of mindfulness, yoga and exercise should be encompassed in the curriculum to combat stress and anxiety in academics. These attributes help in the physical and emotional well-being of an individual and in turn produce a well-balanced adult.

Resilient individuals aren't born; they are shaped....

Resilience helps students to develop a never-give-up attitude, encounter challenges, adapt to changes during the educational journey. Educators and parents can help students to confront adversities as challenges for growth rather than threats to their self-esteem. Celebrating every triumph, appreciating effort over results, and encouraging reflection on mistakes, foster a resilient mindset.

In the words of the great philanthropist Sudha Murthy-

'Give your children two things in life; strong roots and powerful wings.

The strong roots refer to core values, a deep connection to traditions and culture. The powerful wings symbolize independence and the courage to pursue their dreams.

These virtues shape them as strong individuals and serve as gateways to achieve greater milestones in the field of academics. These elements also nurture them to navigate life's highs and lows with conviction and confidence.

Needless to say, academic success is more than awards and accolades. It's all about igniting a curious mindset, fostering resilience, and developing skills for lifelong learning beyond the classroom.

Let us remember....

A resilient mindset harbours the keys to unlocking academic aspirations in a student's life thus finding joy and purpose in the journey of education.

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