



# RethinkEd Supports CPALMS Resiliency Characteristics

CPALMS Resiliency Characteristic	RethinkEd Topic Connections	Using RethinkEd to Support CPALMS
<p><b>Critical Thinking &amp; Problem Solving</b></p> <p>The use of a process to solve problems, critically think and promote confidence in students to manage challenges.</p>	<p><b>Actions &amp; Consequences</b></p> <p><b>Conflict Resolution</b></p> <p><b>Focus</b></p> <p><b>Learning Skills</b></p> <p><b>Problem Solving</b></p> <p><b>Self-Efficacy</b></p>	<p>Bolster skills that have a proven effect on academic performance and student success to improve critical thinking and build students' abilities to confront challenges and solve problems effectively.</p>
<p><b>Responsibility</b></p> <p>The ability of students to be prepared, reliable and accountable for their decisions and actions.</p>	<p><b>Actions &amp; Consequences</b></p> <p><b>Goal Setting</b></p> <p><b>Online Safety</b></p> <p><b>Safe &amp; Ethical Behavior</b></p> <p><b>Self-Advocacy</b></p> <p><b>Self-Knowledge</b></p>	<p>Empower students to develop an understanding of responsibility by acknowledging who they are, recognizing their personal values and goals, and encouraging authentic accountability.</p>



## CPALMS Resiliency Characteristic

### *Celebrating Overcoming Adversity & Grit*

A student's strength of character to persevere through any situation and work towards achieving their goals.

## RethinkEd Topic Connections

**Goal Setting**

**Growth Mindset**

**Mental Wellness**

**Optimism**

**Resilience**

**Self-Efficacy**

## Using RethinkEd to Support CPALMS

Develop skills that support students in the ability to manage and recover from daily setbacks and adversity while enhancing students' confidence to set and achieve meaningful goals.

### *Mentorship & Volunteerism*

The opportunity for a student to give or receive guidance and direction.

**Cooperation**

**Learning Skills**

**Relationships**

**Social Contributions**

**Support Systems**

Empower students with the skills to collaborate effectively and build and maintain support systems, leading to meaningful mentorship relationships and the confidence to contribute to their communities.

**CPALMS Resiliency Characteristic****Respect**

To value yourself, others and their property, and to demonstrate proper considerations of people and ideas that are different.

**RethinkEd Topic Connections**

**Conflict Resolution**  
**Healthy Boundaries**  
**Kindness to Animals**  
**Relationships**  
**Respect**

**Using RethinkEd to Support CPALMS**

Empower students to acknowledge and consider values different from their own, establish healthy relationships and boundaries, and develop crucial conflict resolution skills to get them through challenges using respect and consideration for others.

**Coping Skills**

These tools and strategies are used by students to manage a variety of situations and help them adapt to stressful circumstances.

**Anxiety**  
**Emotions**  
**Mental Wellness**  
**Mindfulness**  
**Resilience**  
**Stress Management**  
**Trauma**

Provide students with opportunities to build their coping skills by acknowledging and addressing strong emotions and practicing mindfulness, and equip them with the tools necessary to adapt to challenges they may encounter.



### CPALMS Resiliency Characteristic

#### ***Gratitude***

The student's feelings of thankfulness and appreciation for the kindness and generosity of others.

### RethinkEd Topic Connections

**Cooperation**

**Friendship**

**Optimism**

**Relationships**

**Support Systems**

**Values**

### Using RethinkEd to Support CPALMS

Practice gratitude as a skill that students learn through fostering optimistic and supportive relationships, developing an appreciation for and awareness of the contributions of others.

#### ***Empathy***

When students are aware of and able to understand the feelings of others.

**Emotions**

**Empathy**

**Healthy Boundaries**

**Mental Wellness**

**Respect**

**Self-Knowledge**

Support students' development of empathy directly through empathy lessons, as well as through opportunities to respect the emotions and boundaries of others.



## CPALMS Resiliency Characteristic

### ***Citizenship***

When students are engaged and supportive of their community through positive action and respect for the world around them.

## RethinkEd Topic Connections

**Kindness to Animals**  
**Online Safety**  
**Preventing Violence**  
**Safe & Ethical Behavior**  
**Social Contributions**  
**Support Systems**

## Using RethinkEd to Support CPALMS

Promote responsible citizenship by providing students with opportunities to focus on social contributions, assess the safety and ethics of their choices, and create mutually supportive relationships and communities.

### ***Hope***

A student's desire and optimism for something to happen or be true.

**Depression**  
**Growth Mindset**  
**Mental Wellness**  
**Optimism**  
**Preventing Suicide**  
**Self-Compassion**  
**Self-Efficacy**

Support the development of a hopeful and realistic outlook through skills such as optimism, self-compassion, and self-efficacy, empowering students to have agency over their mindsets and their decisions in life.



### CPALMS Resiliency Characteristic

#### ***Honesty***

A student's ability to be truthful in both their words and their actions.

### RethinkEd Topic Connections

#### **Actions & Consequences**

#### **Healthy Boundaries**

#### **Relationships**

#### **Safe & Ethical Behavior**

#### **Self-Control**

#### **Values**

### Using RethinkEd to Support CPALMS

Provide students with tools to value and practice honesty in their relationships and daily lives through the development of safe and ethical behavior, self-control, and setting thoughtful and authentic boundaries.

#### ***Physical Activity***

A student's use of movement to contribute to their well-being and mental wellness.

#### **Anxiety**

#### **Mental Wellness**

#### **Optimism**

#### **Stress Management**

#### **Wants & Needs**

Recognize physical wellness as an integral part of students' well-being. Support students' ability to recognize and meet physical needs, as well as ways to use physical wellness to address stress management.