

RethinkEd Supports CPALMS Resiliency Characteristics



CPALMS Resiliency Characteristic	RethinkEd Topic Connections	Using RethinkEd to Support CPALMS
<p><i>Critical Thinking & Problem Solving</i></p> <p>The use of a process to solve problems, critically think and promote confidence in students to manage challenges.</p>	<p>Actions & Consequences</p> <p>Conflict Resolution</p> <p>Focus</p> <p>Learning Skills</p> <p>Problem Solving</p> <p>Self-Efficacy</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><i>Responsibility</i></p> <p>The ability of students to be prepared, reliable and accountable for their decisions and actions.</p>	<p>Actions & Consequences</p> <p>Goal Setting</p> <p>Online Safety</p> <p>Safe & Ethical Behavior</p> <p>Self-Advocacy</p> <p>Self-Knowledge</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

RethinkEd Topic Connections

Using RethinkEd to Support CPALMS

Celebrating Overcoming Adversity & Grit

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

Goal Setting

Growth Mindset

Mental Wellness

Optimism

Resilience

Self-Efficacy

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.



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Respect

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

Conflict Resolution

Healthy Boundaries

Kindness to Animals

Relationships

Respect

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.



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Gratitude

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

Cooperation

Friendship

Optimism

Relationships

Support Systems

Values

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

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Citizenship

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

Kindness to Animals

Online Safety

Preventing Violence

Safe & Ethical Behavior

Social Contributions

Support Systems

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.



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Honesty

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

Actions & Consequences

Healthy Boundaries

Relationships

Safe & Ethical Behavior

Self-Control

Values

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.