

Everyday resilience

What works best in practice



CESE's latest research, in partnership with UNSW, is now available online. Search 'Everyday resilience' on the CESE website.

About everyday resilience

Everyday resilience at school relates to a student's ability to overcome setbacks and challenges that are typical of day-to-day school life, such as receiving isolated poor grades or negative feedback. In the literature, everyday resilience is called academic buoyancy. It focuses on proactive rather than reactive approaches to overcoming academic adversity.

Key findings

- Research shows that everyday resilience is associated with higher engagement at school.
- Students who have everyday resilience are better protected against school stress and anxiety.
- Everyday resilience thrives in a school climate of belonging and effective classroom management.
- Focus on developing the '5Cs': **confidence**, **coordination** and planning, **control** in learning, **composure** to negative emotions and **commitment** and persistence.

About CESE

The Centre for Education Statistics and Evaluation (CESE) undertakes in-depth analysis of education programs and outcomes across early childhood, school, training, and higher education to inform whole-of-government, evidence-based decision-making. Put simply, CESE seeks to find out what works best.

Everyday resilience can be developed by boosting the 5Cs



Strategies for supporting everyday resilience

- Address fear of failure by showing how mistakes and poor performance are part of the learning process and future improvement.
- Emphasise growth and communicate high expectations.
- Provide relevant learning activities with specific and consistent feedback.
- Create a collaborative classroom environment.
- Foster students' sense of belonging.



Read the practical guide at education.nsw.gov.au/cese

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