



Resilience!

beyond skills

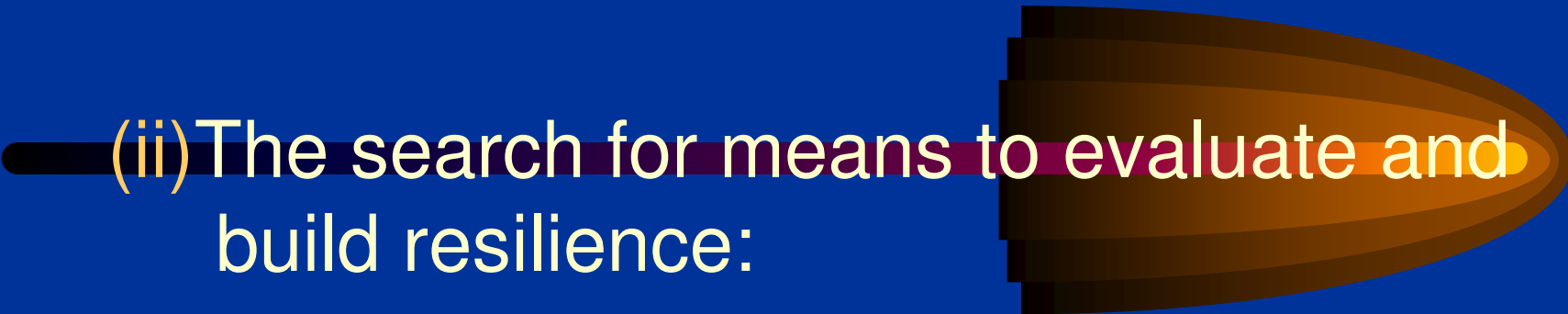
**Choi Yuen Wan
Hon. General Secretary
Breakthrough**

Introduction



(i) The new generation faces multiple adversities:

- Family disintegration
- Education reform
- Economic restructuring
- Clash of civilizations
- Identity transition
- Value system fragmentation



(ii) The search for means to evaluate and build resilience:

- “Adversity Quotient” (Paul Stolz)
- “Understanding Adolescents Project”

Resilience: Competencies (Life skills)

Belongingness (Family, School, Peer)

Optimism (Attitude)

(1) Beyond wants → NEEDS



1.1 Move beyond fulfilling the wants of the parents, children, schools, and community, to meeting the developmental needs of children.

1.2 Seven irreducible needs of young children: (Drs. T. Berry Brazelton & Stanley Greenspan)

1. On going nurturing relationships
2. Physical Protection, Safety and Regulation
3. Experiences Tailored to individual differences
4. Developmentally appropriate experiences
5. Limit -- setting, structure and expectations
6. Stable, supportive communities and culture
7. Protecting the future

(2) Beyond competencies → MEANING



- 2.1 Move beyond training the children on how to cope with adversities, to searching the why of living in the midst of adversities.
- 2.2 “Logotherapy” — Victor Frankl
“ He who has a why to live can bear with almost any how.”

(3) Beyond optimism → HOPE



3.1 Move beyond the cognitive change of “learned optimism” to an inner transformation of mind and life goals.

(Martin Seligman:

“The optimistic child”)

3.2 Three levels of learning (Parker Palmer)



- Information (Knowledge)
- Formation (Experiences)
- Transformation (Mind, Life goals)

“Faith is the substance of things hoped for,
evidence of things unseen.” (Hebrews 11:1)

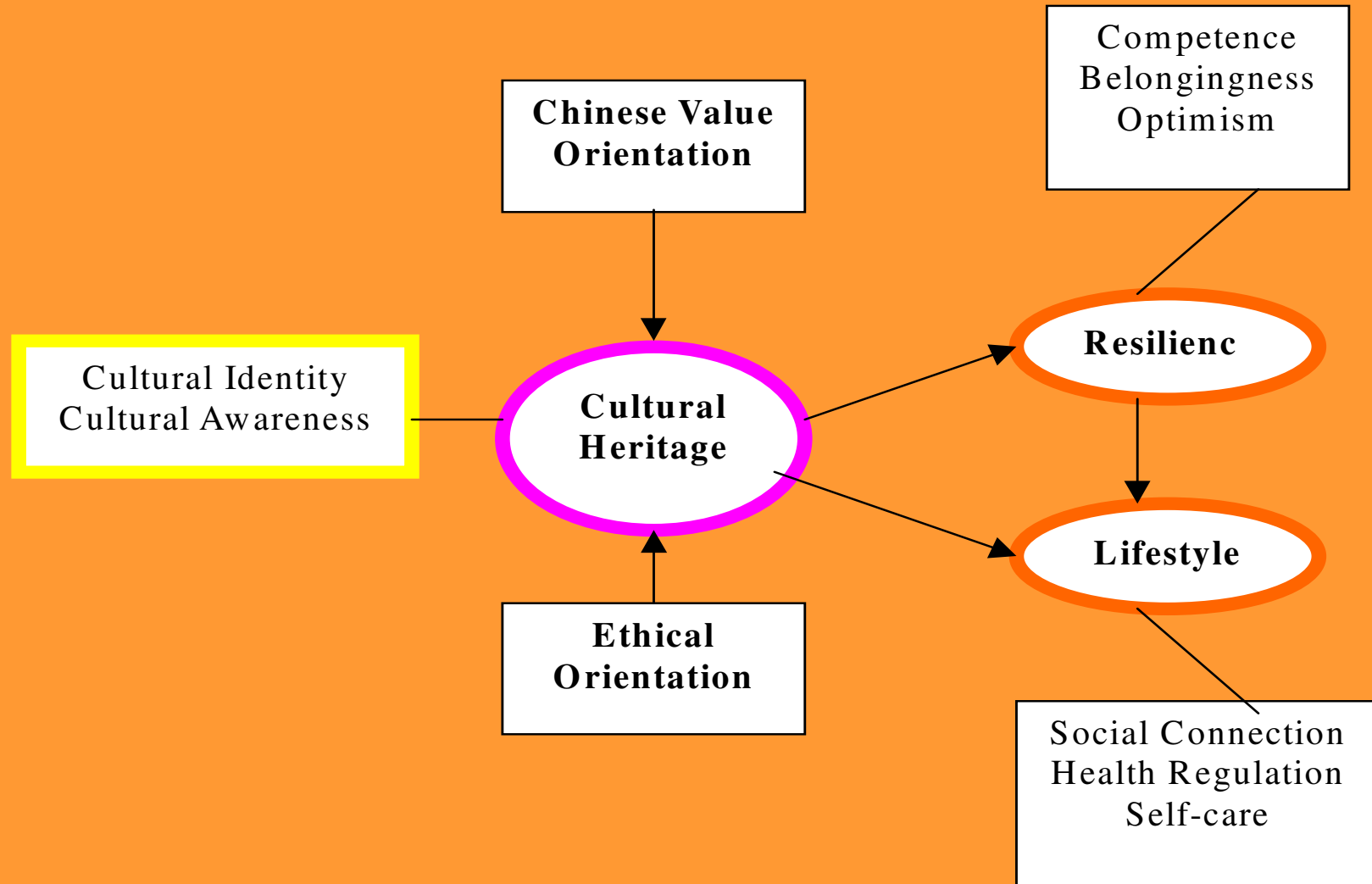
(4) Beyond belongingness → IDENTITY



4.1 Move beyond rebuilding a sense of belonging to family, school and peers, to rebuilding a sense of cultural identity.

4.2 Study reveals the correlation between cultural identity and value system and resilience.

Cultural Heritage Model





4.3 The urgency to rebuild the cultural identity and cultural qualities of Hong Kong's new generation.

(5) Beyond individuality → COMMUNITY



5.1 Move beyond building up individual resilience to the recultivating a resilient culture in the families, schools, and community.

5.2 In search of the roots of resilience in the Chinese culture and global cultures:

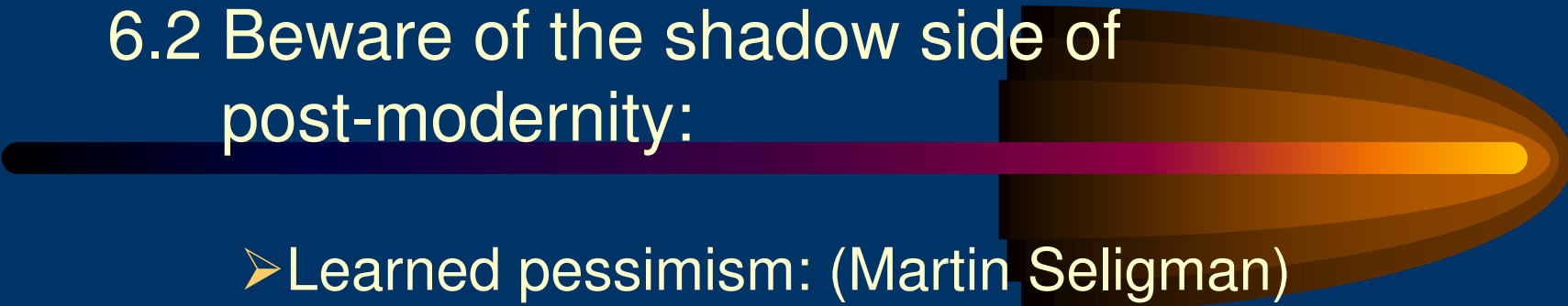
- Endurance
- Tolerance
- Faith, Love, Hope

(6) Beyond resilience → COMPASSION



6.1 Move beyond building personal resilience to cope with adversities to restoring compassion for other people who are suffering in the midst of adversity.

6.2 Beware of the shadow side of post-modernity:



- Learned pessimism: (Martin Seligman)
 - Waxing of self
 - Waning of the commons
- Individuality pushed to the extreme
- The “ME-generation”
- Barriers to rebuilding connectedness: (Randy Frazee)
 - Individualism
 - Isolation
 - Consumerism