

The PrologueSM:

Building Student Resilience For Lifelong Fulfillment

From pre-school through college, we entrust our children to institutions to prepare them for what we hope to be fulfilling lives. While we often focus on academic preparation, social and emotional learning [SEL] is equally important. There are some indications that we are improving academic preparation. For instance, the on-time high school graduation reached an all-time high of 80% in 2012. Unfortunately, indicators of the social and emotional lives of our children are disturbing. Reported bullying continues to increase at an alarming rate with a 24% rise in the four short years between 2003 and 2007. In the first 18 months after the horrific Newtown, CT school shooting there were an additional 74 school shootings.

The PrologueSM is an evidence-based program to build the resilience of individual students, faculty and administrators while creating a positive school culture. It builds the individual's resilience and specific skills needed to:

- Create a balanced portfolio of academic, personal and social goals that *enable them to flourish*
- Build positive, supportive social relationships
- Identify and leverage their personal strengths
- Become healthier emotionally, cognitively, physically and socially
- Build optimism and focus
- Achieve a greater level of well-being
- Pursue a meaningful life

The PrologueSM Program

The PrologueSM program consists of:

- 16 hours of workshops scheduled to meet the requirements of the school community
- Specific assignments to practice new skills between workshop sessions
- An assessment of personal strengths
- Podcasts to structure and reinforce skills to increase presence and focus
- A practical plan to achieve a balanced portfolio of personal and social objectives
- Establishment of a school Resilience Council to guide and reinforce the building of resilience and a positive climate
- Engaging the school community in good works for those in need
- An introductory workshop for parents and family members
- Opportunities for family members to participate in culture building activities

What are the benefits of learning and practicing *The PrologueSM* skills?

For the individual:

- 32% increase in physical well-being
- 29% increase in positive emotions
- 26.5% increase in self-awareness
- 13% increase in confidence
- Greater optimism

For the school community:

- Stronger, positive social relationships
- Respecting and valuing diversity
- More ethical behavior
- Constructive ways of resolving conflict
- Pride in doing good for others

Dr. Leo F. Flanagan, Jr.

Leo, a licensed psychologist in New York State, has been developing techniques to develop the resilience of students, professionals in high stress fields, first responders and trauma survivors since 1981. In addition, *For More Information About The PrologueSM* contact Dr. Flanagan directly at: Leo@CenterForResilience.com or 203-561-9946