**Activity 1: Can you think of a time that you experience failure and it changed your trajectory, outlook, or clinical practice?**

**Activity 2: What are some ways you can think of to boost resiliency among learners in the following settings:**

**Didactic?**

**Experiential?**

**Residency training?**

**Activity 3: Consider doing a mindset assessment. Available at:**

[**https://ryangottfredson.com/blog/2020/04/06/agility-quotient/**](https://ryangottfredson.com/blog/2020/04/06/agility-quotient/)

**Results:**

* Fixed mindset vs growth mindset:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Closed mindset vs open mindset:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prevention mindset vs promotion mindset:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Inward mindset vs outward mindset:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Which of these would you like to focus on changing?**

**Activity 4: What are some resiliency tools I would like to implement in my everyday life?**

**How could you use these resiliency tools in the classroom or on clinical rotation?**