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| **Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Resilience Plan** | **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **DOMAIN: 7 C’s of Resilience**  (Adapted from Kenneth Ginsburg, Ph.D.) | **ASSESSMENT**  (Does it exist? Strength of domain?)  Score and Describe Each Domain | **INTERVENTION/PLAN**  (What am I doing? What are we doing? What could I/we do to enhance domain?) |
| **Connection**: at least two strong, healthy relationships in the school | Narrative: |  |
| **Competence:** assets/skills/ capacities clearly identified and fostered | Narrative: |  |
| **Confidence:**  ability to face challenges, belief in one’s abilities, notice process/effort, support voice and choice | Narrative: |  |
| **Control:** results are connected to choices, voice, personal agency | Narrative: |  |
| **Contribution:** helping others, acts of kindness, reciprocity, altruism, cultivate a sense of purpose | Narrative: |  |
| **Character:** experiencing firm limits, high expectations, sense of right and wrong | Narrative: |  |
| **Coping:** co-regulation, self-regulation, role modeling, mindfulness, conflict-resolution, adaptive skills | Narrative: |  |

**NFI Vermont: The Family Center**