

Resilience resources

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1. Why is resilience important in social work education?

Being a student social worker can be exciting but also stressful at times, with students often balancing study and academic work with part time paid work or caring commitments. During practice learning they are developing a wide range of knowledge and skills, are being assessed on both their practice and written work and are examining their own preconceptions and values as part of reflective practice. So it's important that students learn how to develop self-care, resilience and strategies to manage the demands of social work training and practice.

Educators can support students to explore the factors which promote students' own resilience and also create, or contribute to, a culture of learning which fosters resilience.



2. Resilience and the Standards in Social Work Education (SiSWE)

In the SiSWE students are expected to develop their knowledge of resilience and analyse and promote it in their work with people. They are also expected to develop their own personal and professional resilience. The links to resilience in the SiSWE are below.

Standard	Knowledge or Skills
<p>Standard 1.2</p> <p>Work effectively in partnership with people receiving services, carers and communities so they can gain control over their lives, make informed decisions and achieve positive outcomes.</p>	<p>Analyse and take account of specific factors that are relevant to social work practice such as: risk; resilience; rights; cultural, racial and ethnic identity; language difference; legal obligations and statutory responsibilities to protect vulnerable individuals.</p> <p>(Transferable skills column)</p>
<p>Standard 2.3</p> <p>Work in an ethnically and culturally sensitive manner with people receiving services, carers and communities, to achieve change, promote dignity, realise potential and improve life opportunities</p>	<p>The nature, characteristics and effects of developmental delay, disruption and trauma, and the nature of resilience across the lifespan.</p> <p>(Knowledge column)</p>
<p>Standard 2.7</p> <p>Respond appropriately to behaviour which presents a risk to people who receive services, carers, communities and the wider public</p>	<p>Identify protective factors and promote resilience to enhance wellbeing and reduce risks.</p> <p>(Transferable skills column)</p>
<p>Standard 5.1</p> <p>Manage own role as a professional social worker in an ethical and accountable way</p>	<p>Implement strategies to develop personal and professional resilience in order to manage uncertainty, change and stress.</p> <p>(Transferable skills column)</p> <p>Use professional supervision and support to improve practice and to develop personal and professional resilience.</p> <p>(Transferable skills column)</p>

Some questions to consider

1. How might you support students to consider peoples' resilience when undertaking assessments?
2. How might you support students to consider resilience when seeking resources or services for people?
3. What knowledge might students need to recognise factors which might impact on peoples' resilience?
4. How might you use supervision to support a student's own resilience?

Resources

[Resilience Resources for Social Work and Social Care Workers](#)

This is an online collection of materials developed by Iriss, Social Work Scotland and the Scottish Social Services Council (SSSC). The resources can be adapted for different purposes and can help educators and supervisors create environments which promote resilience.

You will find lots of useful resources in this collection to use with students such as [Mindfulness: 10 Lessons in Self-Care for Social Workers](#). We know that good leadership is important in promoting resilience at work, and in this collection of resources you will also find a number of links to both supervision and leadership resources.

How resilient am I?

This quick [quiz](#) from Mindtools may be useful for students to help them identify a range of factors which might support their own resilience.

Supporting and Developing Resilience in Social Work

This [open access module](#) from the Open University covers a range of topics including: why emotional resilience is important; what skills and strategies are involved; supervision and the support that managers should provide; professional leadership and critical reflection and analysis.

Continuous Learning Framework (CLF)

The [Continuous Learning Framework](#) personal capability 'resilience' can be used with students to identify their current and desired level of resilience. Further details on how to use the CLF with social work students can be found in the Continuous Learning Framework Resource on the educator's page of the website.

MANAGING SELF

RESILIENCE – persisting in pursuing goals despite obstacles and setbacks

ENGAGED	ESTABLISHED	ACCOMPLISHED	EXEMPLARY
<ul style="list-style-type: none"> » I believe in my ability to move past obstacles and setbacks. » I persevere with challenging tasks over an extended period of time in order to achieve them. » I am aware that I need a range of support strategies to build my resilience. » I make good use of supervision to reflect on my practice and use my learning to build my resilience. 	<ul style="list-style-type: none"> » I am able to keep a sense of perspective when dealing with challenges and difficulties. » I sustain efforts to overcome obstacles, setbacks and feelings of frustration and I can maintain a positive view. » I reflect on how I respond to personal and professional stress and challenge and I use my learning to build my resilience. » I take care of my own health and wellbeing and actively support others to do so. 	<ul style="list-style-type: none"> » I demonstrate persistence in changing things for the better while being realistic about what can be achieved. » I have developed a range of strategies to build my own resilience and to support others to be resilient. » I persist in trying to positively influence the outcomes of change in the workplace. » I support others to make good use of supervision with peers and line managers to reflect on practice and learning and build resilience. 	<ul style="list-style-type: none"> » I am persistent and creative in my approach to achieving successful outcomes at individual and organisational levels. » I use research and evidence to inform and improve strategies for resilience in the workplace.

Links

1. Resilience resources for social work and social care
<https://www.iriss.org.uk/resources/reports/resilience-resources>
2. Mindfulness: 10 Lessons in Self-Care for Social Workers
<http://www.socialworker.com/feature-articles/practice/mindfulness-10-lessons-in-self-care-for-social-workers/>
3. How resilient am I quiz
<https://www.mindtools.com/pages/article/resilience-quiz.htm>
4. Supporting and Developing Resilience in Social Work (Open University)
<https://www.open.edu/openlearn/health-sports-psychology/supporting-and-developing-resilience-social-work/content-section-0?active-tab=description-tab>
5. Continuous Learning Framework
<http://www.continuouslearningframework.com/>

