

28th May 2020



Hello! From Your School Counsellor



I chanced upon a YouTube documentary called, "Most Dangerous Ways to School". The documentary features students living in remote regions, with incredibly precarious living conditions. Yet, they have continued to brave the treacherous challenges to attend school. What keep them going? The key is Resilience. As Malala Yousafzai quotes, "We should learn everything and then choose which path to follow. Education is neither Eastern nor Western, it is human".

You can find the video through this link:

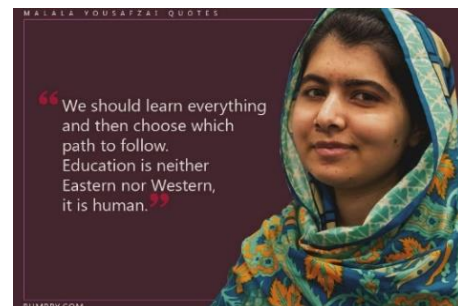
https://www.youtube.com/watch?v=di_PKpeSmtY&list=RDCMUCijcd0GR0fKxCAZwkiuWqtQ&start_radio=1&t=19c



Living in those precarious conditions allow those children to know that education is the only means for a better life.

Tips for Building Resilience

1. Make connections; build network
2. Avoid seeing crises as insurmountable problem
3. Accept change as a part of living; learn adaptability
4. Set direction and move toward your goals,
5. Take decisive actions
6. Look for opportunities for self-discovery
7. Nurture a positive view of yourself, seek to understand
8. Keep things in perspective
9. Maintain a hopeful outlook
10. Exercise self-care



So, you too, have the power to take charge and-empower yourselves in creating options for what you aspired to be. You hold the innate resilience to fulfil that dream!

All the best *Gessians*, ONWARD!