

A GUIDE FOR TUTORS



Promoting Emotional Resilience and Post-Traumatic Growth

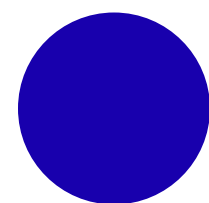
Supporting Ukrainian Students

Transforming loss into strength through connection, empathy, and meaning-making



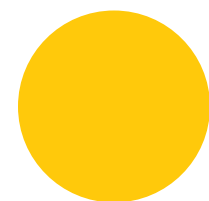
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From Ethical Foundations to Hopeful Practice



Last Time: The Foundations

We explored ethical care and confidentiality — the essential foundations of trust that create safe spaces for students to heal and grow.



Today: The Hopeful Path

We explore something deeply hopeful: how loss can become a space for growth, and how tutors can help students strengthen their emotional resilience.

”Resilience doesn’t mean avoiding pain or staying strong at all costs.”

It means the ability to adapt , to recover , and to continue finding meaning even when life feels broken.

What is Emotional Resilience?

A Quiet Determination



For Ukrainian students who have lived through war, separation, or displacement, resilience often appears as quiet determination — the will to keep learning, connecting, and rebuilding their future.

Keep Learning

Stay Connected

Rebuild Future

Key Insight: Resilience is not about being unaffected by adversity. It's about navigating through it with courage and grace.

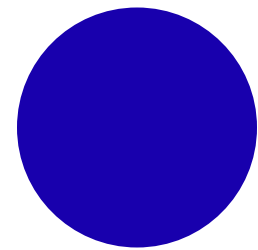
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Life finds a way to grow, even in the most challenging conditions.

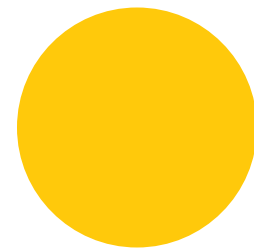
The Ordinary Magic of Human Recovery

Resilience is not extraordinary — it's built from everyday factors we can all strengthen



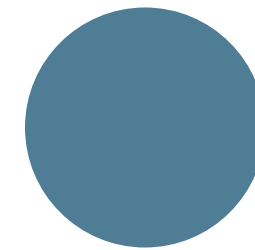
Social Support

Connection with others who care and understand



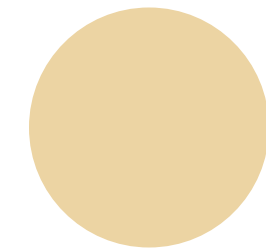
Flexible Thinking

Ability to adapt perspectives and find new solutions



Self-Compassion

Treating oneself with kindness during difficult times



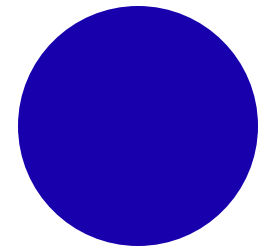
Sense of Purpose

Meaning and direction that guide through challenges

"Resilience is the ordinary magic of human recovery."

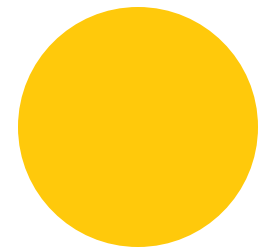
— George Bonanno, Psychologist

Building Protective Factors



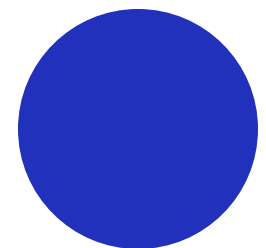
Model Calm

Your presence and composure create a safe harbor for students navigating turbulent emotions.



Offer Encouragement

Small, consistent affirmations build confidence and remind students of their inherent worth.



Reconnect with Values

Help students rediscover what matters most to them, anchoring their identity beyond trauma.



Remember: Your consistent, caring presence is itself a protective factor.

You don't need to have all the answers — showing up with empathy is enough.



Understanding Post-Traumatic Growth

Positive psychological changes that can emerge from the struggle with major life crises

New Priorities

Discovering what truly matters in life and letting go of the trivial

Appreciation for Life

Greater gratitude for ordinary moments and simple pleasures

New Possibilities

Opening to new paths and opportunities that weren't visible before

Deeper Empathy

Enhanced ability to understand and connect with others' suffering

Personal Strength

Recognition of one's own resilience and capacity to survive

Spiritual Growth

Deeper connection to meaning, purpose, or spiritual understanding



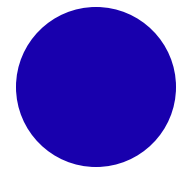
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From what was broken, new life emerges.

Growth and Pain Can Coexist

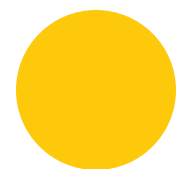
Post-Traumatic Growth does not replace grief — it coexists with it



Not a Replacement

PTG does not mean "getting over" trauma or that the pain disappears. Growth and healing are not the same as forgetting or moving on.

Avoid saying: "At least something good came from it." This minimizes their experience.



Parallel Paths

Growth and pain can live side by side. A student can grieve deeply while also discovering new strength, deeper connections, or a clearer sense of purpose.

Instead say: "I see your pain, and I also see your incredible strength in carrying it."

"We do not grow despite our pain, but through it."

Growth doesn't erase the wound — it transforms how we carry it.

Visual Metaphor

The Storm

Pain & Grief

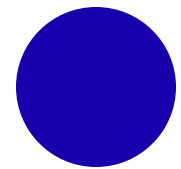
The Rainbow

Growth & Meaning

Both exist in the same sky — neither negates the other.

Growth and Pain Can Coexist

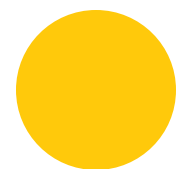
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What Educators Can Do

Four evidence-based approaches to support student resilience

1

Normalize Struggle

Let students know it's okay to not feel okay. Healing is not linear — there will be good days and hard days.

Acknowledge that difficult emotions are normal responses to abnormal situations

Share that setbacks are part of the healing journey, not failures

Create space for students to express vulnerability without judgment

Example: "Some days will feel heavier than others. That's not weakness — that's being human."

2

Encourage Reflection

Help students find meaning in their experiences through structured reflection activities.

Journaling: Private writing about thoughts, feelings, and experiences

Storytelling: Sharing narratives that help make sense of their journey

Guided Discussion: Facilitated conversations that explore meaning and growth

Example: "What have you learned about yourself through this experience that you didn't know before?"

What Educators Can Do

Continuing our exploration of evidence-based support strategies

3

Promote Self-Efficacy

Remind students of their successes and competencies. Even small achievements rebuild confidence and agency.

Celebrate small wins: completing an assignment, attending class, helping a peer

Acknowledge past accomplishments that demonstrate their capabilities

Encourage peer support where they can both give and receive help

Example: "You showed up today even though it was hard. That takes real strength."

4

Model Hope

Hope is contagious. When educators express realistic optimism, students feel permission to hope too.

Acknowledge hardship while believing in growth — be genuine, not dismissive

Share stories of resilience (with permission) that show growth is possible

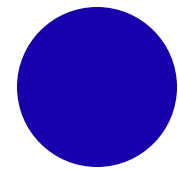
Express confidence in their ability to navigate challenges and thrive

Example: "This is incredibly difficult, and I believe in your ability to find your way through it."



Micro-Resilience Practices

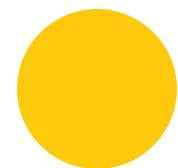
Simple rituals that remind students progress and positivity still exist, even in difficult times



Short Breathing Breaks

Take 2-3 minutes to breathe deeply together. This activates the parasympathetic nervous system, reducing stress and creating a moment of calm.

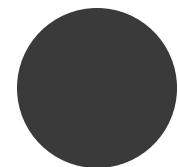
How: "Let's take three deep breaths together. Inhale for 4 counts, hold for 4, exhale for 6."



Gratitude Reflections

Invite students to share one small thing they're grateful for. This shifts focus toward positive elements, however small they may seem.

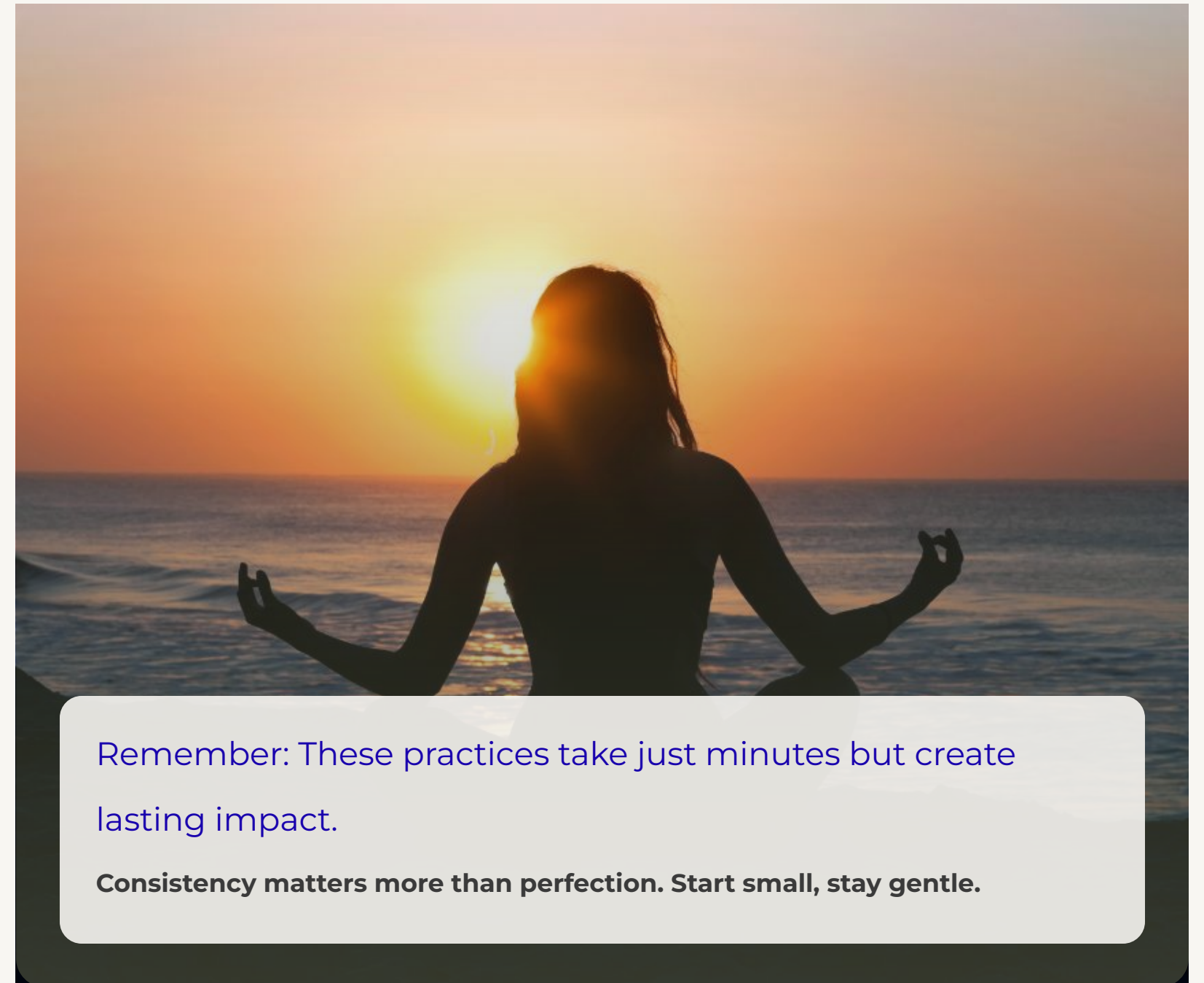
How: "What's one small thing that brought you a moment of peace or joy this week?"



Weekly Victory Sharing

Ask students to share one small victory from the week. This builds awareness of their capabilities and progress.

How: "What's one thing you did this week that you're proud of, no matter how small?"



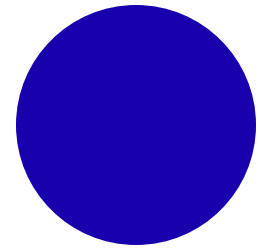
Remember: These practices take just minutes but create lasting impact.

Consistency matters more than perfection. Start small, stay gentle.



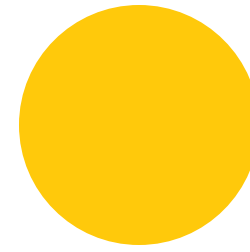
Resilience is a Skill, Not a Trait

It grows through connection, empathy, and meaning-making



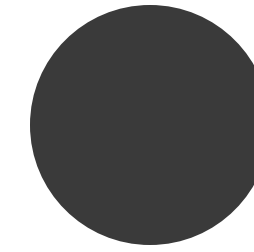
Connection

We grow stronger through relationships that see us, hear us, and remind us we're not alone.



Empathy

When we receive compassion, we learn to extend it to ourselves — a cornerstone of healing.



Meaning-Making

Finding purpose in our experiences transforms suffering into a pathway for growth.

When we help students rebuild hope, we don't erase their loss — we help them transform it into strength.

Be present

Show compassion

Inspire hope



LOOKING
AHEAD

Creative Pathways to Healing

In our next lecture, we'll explore how creative and reflective practices — such as art, writing, and movement — can become pathways to healing and post-traumatic growth.

Art Writing Movement

**Thank you for your commitment to supporting
student resilience**



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