



# STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



TEL: 212 312 4800 x. 7260

COUNSELOR: Angel Colon  
EMAIL: [spark273@gmail.com](mailto:spark273@gmail.com)

WEBSITE: [Stuyvesant HS](http://Stuyvesant HS)

## “7 RESILIENCIES ALL TEENS NEED!”

- We understand that for some teens/adults, life is especially hard. Researchers **Sybil and Steven Wolin** have identified seven resiliencies that seem to make a difference.
- How many do you have? To learn more about the **Wolins** and their work, please visit [www.projectresilience.com](http://www.projectresilience.com)

**1. INSIGHT:** is the habit of asking tough questions – about yourself and about the situations you find yourself in – and giving honest answers. Insight helps you see things as they really are, not as you wish they were.

**2. INDEPENDENCE:** means being your own person. Sometimes that means stepping back from the pressures you feel from people and situations. Independence helps keep you focused on what you want out of life.



**3. RELATIONSHIPS:** are connections with people who matter. Relationships provide a sense of belonging, opportunities to express yourself and support when you need it.

**4. INITIATIVE:** means facing life’s challenges head-on. When you take initiative, you begin a positive cycle of solving problems, overcoming fears and being a winner. Initiative puts you in charge.



**5. HUMOR:** allows you to find what’s funny, even when you are sad or in pain. It’s a wonderful way to release tension and to relieve pain or embarrassment.



**6. CREATIVITY:** means using your imagination as a safe haven – a place where you’re free to express yourself and rearrange the details of your life as you please.



Creativity can help you channel overwhelming feelings and make them manageable.

**7. MORALITY:** means doing the right thing, even if it’s not easy or a natural thing. It helps connect you to other people through being useful and caring. It helps you feel like you are a good person.

\* Life Skills Peer Education Series  
Courtesy of Angel Colon and  
Stuyvesant High School’s  
SPARK Program