

General Discussion Questions on Resilience

How is resilience defined or portrayed in the literature you're reading?

Can you identify a moment when a character demonstrates true resilience?

What are the main challenges faced by the protagonist, and how do they respond?

Do they grow stronger, or are they broken down? What does this say about the nature of resilience?

Is resilience portrayed as a personal trait, a learned skill, or a result of external support?

How do community, family, or mentors influence the character's ability to persevere?

How does the setting or historical context influence the character's need for resilience?

For example, war, poverty, racism, or natural disaster.

Does the author present resilience as heroic, ordinary, or problematic?

Are there moral or psychological costs associated with being resilient?