Part I

Course Outline

Part I

Course Title: Building Resilience through Reflection
Course Code: GEJ4016
Department: Early Childhood Education
Credit Point: 3
Contact Hours: 39 hours
Pre-requisite(s): Satisfactory completion of GE Breadth course requirements
Medium of Instruction: English
Level: 4

Part II

1. Course Synopsis

Experiencing adversity is a reality in different domains of daily lives. Resilience, in general, refers to a set of personal qualities and strengths that foster a process of successful adaptation, transformation and reconstruction of adversity experiences. Resilience is needed to be developed and promoted in University to support positive development of young people. This course focuses on (1) how we respond to adversity with an ability to bounce back. (2) How we move forward as a result of learning from negative life experience. The concept of resilience will be examined from three perspectives: person-environment perspective, capability building perspective and self-regulation perspective. Students will use the concepts of resilience described in literatures as a conceptual framework for e-portfolio design. In the process of reflecting critically on undergraduate study experience, students can be aware of their own vulnerabilities, ego-trait and strengths with referring to the 4Cs and 7 Generic Learning Outcomes. At the final stage of reflection cycle, students will develop the capacity to transform the awareness as resilience strategies for future improvement.

2. Course Intended Learning Outcomes (CILOs)

Upon successful completion of this course, students should be able to:

CILO1 Describe the determinants of resilience based on the three perspectives of resilience;

CILO2 Apply the concepts of resilience to reflect on students’ undergraduate experience with positive manner;
CILO\textsubscript{3}: Articulate their own ideas about harnessing resources to sustain well-being; 
CILO\textsubscript{4}: Communicate (orally and in writing) their reflection effectively to audiences.

3. Content, CILOs and Teaching & Learning Activities

<table>
<thead>
<tr>
<th>Course Content</th>
<th>CILOs</th>
<th>Suggested Teaching &amp; Learning Activities</th>
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<tbody>
<tr>
<td>The evolving definition of resilience</td>
<td>CILO\textsubscript{1}</td>
<td>Literature sharing Video analysis: discussing the characteristics of highly resilient people</td>
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<tr>
<td>The determinants of resilience</td>
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<td>The linkage between 4C/ 7GILOs and resilience</td>
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<tr>
<td>Apply the understandings of resilience to reflect on their students’ undergraduate experience</td>
<td>CILO\textsubscript{1,2}</td>
<td>Writing reflective entries Class discussion</td>
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<td>Reflect on students’ personality traits, coping strategies, strengths and belief system</td>
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<td>Reflect on the context characteristics of adversity experience</td>
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<tr>
<td>Conceptualize effective ways to enhance resilience including personal resources, contextual support and preventive measures</td>
<td>CILO\textsubscript{1, 2, 3}</td>
<td>Group presentation Peer discussion Group consultation</td>
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<tr>
<td>Construction of an e-portfolio to display students’ reflections on resilience</td>
<td>CILO\textsubscript{1, 2, 3, 4}</td>
<td>Individual presentation Individual consultation</td>
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4. Assessment

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<tr>
<th>Assessment Tasks</th>
<th>Weighting (%)</th>
<th>CILO</th>
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| 1. Two reflective entries on resilience by reflecting on students’ undergraduate experiences | 30%  
  1\textsuperscript{st} entry: 10%  
  2\textsuperscript{nd} entry: 20% | CILO\textsubscript{1, 2} |     |
| 2. Understanding character traits (1-2)                                         |               |     |
| 3. Understanding personal resilience skills/strategies in contexts              |               |     |
| 2. Critical feedback from peers                                                 |               |     |
| 2. Critical feedback from peers                                                 | 70%           | CILO\textsubscript{1, 2, 3, 4} |
| 3. Construction of an e-portfolio to demonstrate their own ideas about resilience | 15%           |     |
| 4. Presentation of e-portfolio                                                   | 55%           |     |

5. Required Text(s)
Nil
6. **Recommended Readings**


7. **Related Web Resources**

Resilience: Failure, Rejection, Grit: https://www.psychologytoday.com/basics/resilience

8. **Related Journals**


9. **Others**

Nil