

Adult Resiliency

Key
A = Agree with the statement
D = Disagree
? = Unsure

Statement	Before	After	Notes
1. Resilience means having the ability to have hard things happen and not be affected			
2. A trait that makes infants immune to multiple risk factors at birth is...HAVING AN OUTGOING PERSONALITY			
3. A person's ability to be resilient is innate—you are either born that way or not			
4. Early child care centers have been identified as key environments for increasing a child's level of resiliency			
5. As early childhood professionals, we have a direct impact on how resilient a child in our care is			
6. A person's level of resiliency is determined by their socio economic status			
7. As adults, our own resiliency does not matter—a good early childhood provider does not let personal issues interfere with their work			
8. In Colorado, Early Learning Centers have a staff turn-over rate of up to 60%			
9. Even fake (or forced) laughter releases happy hormones into our bodies, making us feel happier			
10. People with high levels of resiliency have lots of close connections with others			