

Year	Number of Lessons	Pro PRP Booster Content Overview
8	3	Resilience Revisited <ol style="list-style-type: none"> 1. Resilience revisited 2. Optimistic thinking 3. Putting it in perspective
9	7	Resilient Connections <ol style="list-style-type: none"> 1. Resilient Connections 2. Big Sticky Bs (BSBs) 3. Identifying BSBs 4. BSBs and other people 5. Changing BSBs 6. Communicating BSBs 7. BSBs and the future
10	4	Resilient Decisions <ol style="list-style-type: none"> 1. Ambiguity, complexity and independent thought 2. Assessing risk and opportunity 3. Weighing up pros and cons 4. Reviewing how we make decisions
11	5	Resilient Learners <ul style="list-style-type: none"> • Identifying challenges in Year 11 • Priority areas and strategies • Mindsets – help or hinder? • Dealing with anxiety • Action Plan

