

# Attendance and Achievement

**Video Title:** Emmy Werner

**Reflection Sheet:** Families

**Grade Level:** Elementary and Middle School

Use this reflection page to explore the thoughts and ideas expressed by Dr. Emmy Werner in the Deeper Look Video about how children deal with adversity.

1. Dr. Werner opens the video saying, "Throughout history, people's children have been tested through adversity." What does it mean to be "tested through adversity"?

---

---

2. What are some of the ways you have had to face adversity in your life? Did it feel like you were being tested, as Dr. Werner describes it? What words do you choose to describe how it felt? How have you shared this experience with your child?

---

---

3. Dr. Werner tells us that according to history, children find help in facing adversity in several ways. She refers to these as "factors."

- "an adult who supported them who loved them"
- "teachers who encouraged them"
- "skills they developed while trying to survive"
- "caring for others who need them as well"
- "looking ahead to...a time when they could really shape their own lives"

How have you seen evidence of these factors in helping your child face adversity? Have you witnessed other ways? Explain.

---

---

4. Dr. Werner explains that we all have different abilities that help us face adversity, but that in the end, "most people can bring it all together." Is this your experience? Explain.

---

---

5. What are some specific strategies you practice to help your child become the "competent and caring adult" Dr. Werner describes?

---