

## **Where to find help on skills**

### Persistence(frustration)

<http://www.smartlanguagelearner.com/9-ways-studying-feel/>

<http://www.bitrebels.com/lifestyle/10-tips-to-overcome-frustration/>

<http://www.eruptingmind.com/how-to-overcome-frustration/>

### Organization

<http://magoosh.com/gmat/2013/13-tips-for-staying-organized-while-studying-for-your-exam/>

[http://www.sylviarimm.com/article\\_orgstudy.html](http://www.sylviarimm.com/article_orgstudy.html)

### Connections

<https://blog.bufferapp.com/connections-in-the-brain-understanding-creativity-and-intelligenceconnections>

### Self-compassion

<http://self-compassion.org/category/exercises/>

<http://psychcentral.com/blog/archives/2012/06/27/5-strategies-for-self-compassion/>

### Courage

<http://www.lifehack.org/articles/lifestyle/how-to-be-courageous-2.html>

<http://www.quietrev.com/how-to-be-courageous/>

<http://www.lionswhiskers.com/p/5-minute-courage-workouts.ht>

<http://www.productiveflourishing.com/12-ways-to-practice-courage/>

### Mental resourcefulness

[http://gretchenrubin.com/happiness\\_project/2010/10/9-surprising-and-intriguing-brain-exercises/](http://gretchenrubin.com/happiness_project/2010/10/9-surprising-and-intriguing-brain-exercises/)

<http://www.forbes.com/sites/groupthink/2013/12/03/5-powerful-exercises-to-increase-your-mental-strength/#495bb784550e>

[http://gretchenrubin.com/happiness\\_project/2008/12/creativity-12-m/](http://gretchenrubin.com/happiness_project/2008/12/creativity-12-m/)

### Communication

<https://blog.udemy.com/listening-skills-exercises/>

<https://www.mindtools.com/pages/article/team-building-communication.htm>

<http://www.trainingcoursematerial.com/free-games-activities/communication-skills-activities>

### Diligent skepticism

<https://www.nerdfitness.com/blog/2012/06/14/how-to-analyze-the-news/>

<http://www.skeptic.com/resource-type/in-class-exercises/>

### Collaboration

<http://www.teachthought.com/critical-thinking/10-team-building-games-that-promote-critical-thinking/>

<http://web.utah.edu/taresources/Collaborative.htm#cactivities>  
<http://www.teachhub.com/6-awesome-cooperative-classroom-games>

### Reflection

[https://www.uvm.edu/~dewey/reflection\\_manual/activities.html](https://www.uvm.edu/~dewey/reflection_manual/activities.html)  
<http://reflectivepractice-cpd.wikispaces.com/Reflecting+on>