**Where to find help on skills**

**Persistence (frustration)**

**Organization**

**Connections**

**Self-compassion**

**Courage**

**Mental resourcefulness**
- [http://www.forbes.com/sites/groupthink/2013/12/03/5-powerful-exercises-to-increase-your-mental-strength/#495bb784550e](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://blog.udemy.com/listening-skills-exercises/)
- [https://www.mindtools.com/pages/article/team-building-communication.htm](https://www.mindtools.com/pages/article/team-building-communication.htm)

**Diligent skepticism**
- [https://www.nerdfitness.com/blog/2012/06/14/how-to-analyze-the-news/](https://www.nerdfitness.com/blog/2012/06/14/how-to-analyze-the-news/)

**Collaboration**
http://web.utah.edu/taresources/Collaborative.htm#activities
http://www.teachhub.com/6-awesome-cooperative-classroom-games

Reflection
https://www.uvm.edu/~dewey/reflection_manual/activities.html
http://reflectivepractice-cpd.wikispaces.com/Reflecting+on