

Resilience and School Readiness

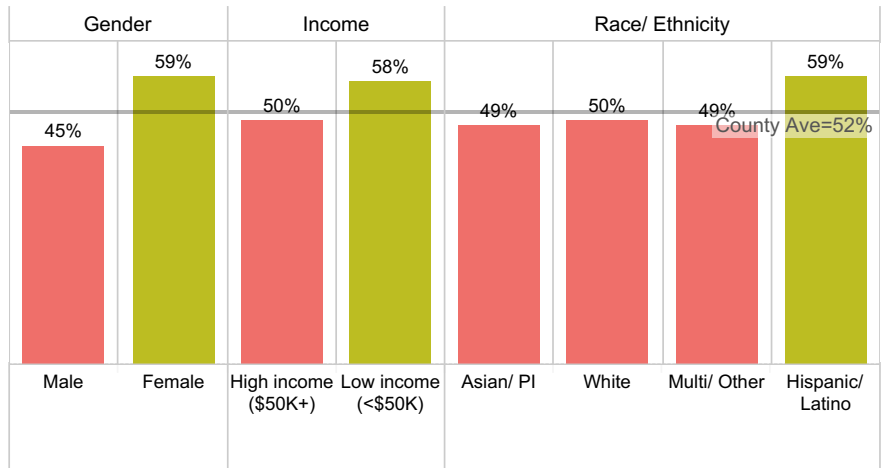


Resilience, by Child and Family Characteristics

Resilience refers to the capacity to cope with challenges and stressors. Children who are resilient are able to calm themselves quickly when they get upset and adjust well to changes.

In the 2018 Santa Clara County School Readiness Assessment, parents/caregivers rated their children's resilience. Children with the following characteristics were more likely to be rated highly resilient:

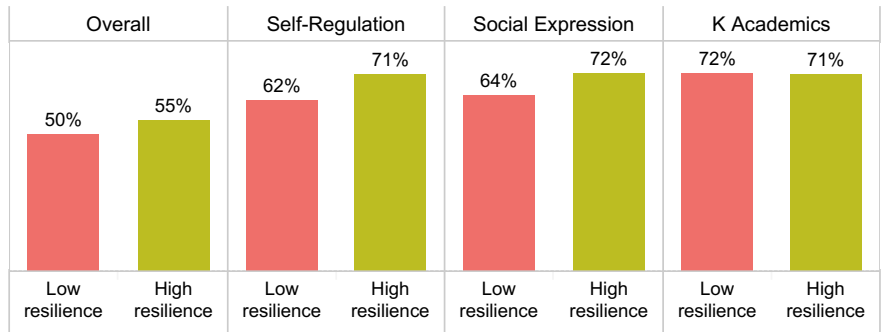
- Female
- From a low-income family
- Hispanic/Latino(a)



School readiness and resilience

Higher levels of resilience were linked to **higher school readiness** overall.

Perhaps not surprisingly, being resilient was **more strongly related to the social emotional domains of readiness** (Self-Regulation and Social Expression) than the academic domains (Kindergarten Academics).



▲ Low Resilience ● High Resilience

Who benefits the most from high levels of resilience?

Being resilient boosted readiness levels for certain groups of children more than others. Being highly resilient was more strongly associated with readiness for children with the following characteristics:

- Male
- From a low-income family
- Multiracial or another race/ethnicity

For example, the gap between highly resilient and less resilient children in low-income families was 14 percentage points (33% vs. 19%), whereas this gap in high-income families was only 6 percentage points.

% Ready, by resilience level

