Answer Key Resiliency

1. **RI.2**

PART A: Which statement best expresses the central idea of the text?

* 1. Resiliency is the key to problem-solving for most people.
	2. People are able to avoid tough situations because of resilience.
	3. Life lessons provide people with different amounts of resiliency.
	4. **Resilient people possess qualities that enable them to overcome challenges.**
1. **RI.1**

PART B: Which detail from the text best supports the answer to Part A?

* 1. **“There are many ways to boost your resilience - read on to learn more about what characteristics resilient people share.” (Paragraph 1)**
	2. “It really doesn’t matter who has your back in life – parents, friends, relatives, teachers, coaches – the point is that having a solid support system is a very important part of resilience.” (Paragraph 2)
	3. “Even if you don’t have all the answers and even if the solution to your problems isn’t obvious, you can choose to believe that things will work out.” (Paragraph 6)
	4. “And really, if you are able to laugh at yourself and laugh with others, you will lighten your load and lighten up!” (Paragraph 8)
1. **RI.3**

What connection does the author draw between resiliency and struggle?

* 1. Resilient people are seldom able to help others because they do not understand struggle.
	2. People who are resilient struggle because they feel sorry for themselves and others.
	3. Resilient people avoid struggle because they are able to laugh at themselves.
	4. **People who are resilient are able to power through the struggles they face.**
1. **RI.1**

How does the author support the idea that the ongoing development of resilience is necessary?

* 1. **“Because if you are resilient, you will be able to face, overcome and even be strengthened by the challenges and problems in your life.” (Paragraph 1)**
	2. “If you accept the things you can’t change or control, you’re free to put your effort into the things you can change and control.” (Paragraph 5)
	3. “Resilient people tell themselves that their troubles won’t last forever.” (Paragraph 7)
	4. “Laughter is also good for your body – it changes your body’s response to stress.” (Paragraph 8)
1. **RI.6**

What is the author’s purpose in paragraph 1?

* 1. to provide readers with a definition of resiliency
	2. to demonstrate that resiliency can be found in everyday life
	3. to persuade readers that resiliency is necessary for success
	4. **to argue the importance of resiliency for people as they grow up**