

# 2016 Series 3 (Number 15)

## Resilience: A Key for Positive Development in Children and Adolescents

Date & Time: Wednesday 12 October 2016, 13:00 — 14:00 (Light lunch begins at 12:30)

Venue: E33-3038, Faculty of Education

Language: English

Audience: UM Staff / Postgraduate Students

Registration: Online Registration (<https://goo.gl/yv5013> or )

Enquiries: Mr Harvey LO (Email: [FED\\_Event@umac.mo](mailto:FED_Event@umac.mo) / Tel: 8822-4593)

*\* A Complementary light lunch will be provided.*

### Abstract

Throughout the development we face multiple challenges and risks. Overcome them successfully is a task that requires the presence of resilience factors that support a positive trajectory. Individuals that face significant stressors are at greater risk for developing problems like substance use, psychopathology across the life span or poor quality of life and academic achievement. As such, the promotion of resilience, namely at schools, seems to be fundamental for all children and especially for the most vulnerable ones. Within this seminar we intend to contribute to a greater understanding of resilience concept, its associated factors, and interventions to promote it.

### Speaker

Prof. Celeste SIMÕES is currently an Assistant Professor at the Department of Education, Faculty of Human Kinetics, University of Lisbon, Portugal and she is also a member of the Center for Promotion and Health Education from the same institution. Her research focuses on risk and resilience in children and adolescents, health behaviours and lifestyles in adolescence and promotion of emotional and social competences in children and youth at risk.

