

Attendance **Through Resilience**

Practical Strategies to Reengage Students and Improve Attendance

Why Students **Disengage**

Chronic absenteeism is often not the root problem—it is a symptom of deeper challenges students are facing. Students who struggle with attendance may feel:

- Disconnected from adults at school
- Unmotivated or unsure why school matters
- Overwhelmed by academic or personal challenges
- Influenced by peers or negative environments
- Hopeless about their future



WHYTRY

When students don't feel connected or capable, attendance becomes less of a priority.

The **Engagement Framework**

Schools that successfully improve attendance focus on three key drivers of student engagement:

Relationships

Students attend school **when they feel seen, supported, and valued** by adults.

When students see a connection between school and their goals, motivation increases.

Relevance

Students **need to understand why school matters** to their future.

When students see a connection between school and their goals, motivation increases.

Resilience

Students must develop the skills to overcome obstacles that stand in their way.

These skills include:

- Emotional regulation
- Decision making
- Problem solving
- Managing peer pressure
- Building support systems



The **Key Insight**

When relationships are strong, learning feels relevant, and students have the skills to navigate challenges - **Attendance improves naturally.**

3 Strategies SARB Teams Can Use Immediately

1. The 2x10 Relationship Intervention

What It Is.

A targeted strategy where a staff member spends:

- 2 minutes per day
- For 10 consecutive school days
- Having a non-academic conversation with a student

Why It Works

Students who feel disconnected are less likely to attend school.

This strategy helps:

- Build trust with a caring adult
- Reduce resistance and defensiveness
- Increase student willingness to engage

When to Use It

- After early signs of chronic absenteeism
- During Tier 2 intervention
- As part of a SARB support plan



2. Student Support Mapping Activity

What It Is.

A simple activity where students identify:

- Adults they trust
- Positive peer influences
- Personal goals
- Barriers they are facing



Why It Works

SARB processes often focus on accountability.

Support mapping adds a critical layer:

connection and support.

Students begin to see that they are not alone and that resources exist to help them succeed.

Key Question to Ask:

“Who can help you when this challenge shows up?”

3. Reframing Truancy as a Skill-Building Gap

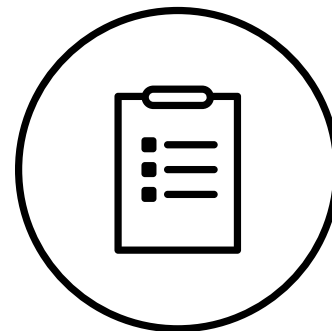
The Shift

Instead of asking:

“Why won’t this student attend school?”

Ask:

“What skill is this student missing?”



Examples:

Attendance Challenge	Possible Skill Gap
Avoiding school	Emotional regulation
Skipping after conflict	Conflict resolution
Chronic disengagement	Motivation and goal setting
Peer-driven absence	Resisting peer pressure

Why This Matters

When we identify the skill gap, we can:

- Teach the skill
- Provide targeted support
- Build long-term change

This shifts SARB from compliance-focused to growth-focused intervention.

- After early signs of chronic absenteeism
- During Tier 2 intervention
- As part of a SARB support plan

Supporting Tiered Interventions

Resilience-based strategies can be implemented across all levels of student support and align with SARB goals.

Tier 1: Prevention

Schoolwide **strategies that build:**

- Social-emotional skills
- Positive relationships
- Student engagement

Examples:

- Classroom lessons on decision making
- Schoolwide relationship-building practices
- Activities that connect learning to real-life goals

Tier 2: Targeted Support

Interventions for students beginning to disengage.

Examples:

- Small group instruction
- Mentoring programs
- Attendance-focused interventions
- 2x10 relationship strategy

These supports help address challenges before they escalate.

Tier 3: Intensive Intervention

Targeted support for students with chronic absenteeism or SARB involvement.

Examples:

- Individualized intervention plans
 - Counseling and behavioral support
 - Alternative education programs
 - Structured skill-building interventions
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Alignment with SARB Goals

Resilience-based approaches support key SARB priorities:

- Responsible decision-making
- Emotional regulation
- Positive behavior change
- Building support systems
- Strengthening adult-student connections

By addressing these areas, schools can improve attendance while supporting long-term student success.

Final Thought

Students are more likely to attend school when they:

- Feel connected to caring adults
- See purpose in their education
- Have the skills to overcome challenges

When schools focus on **relationships, relevance, and resilience**, attendance becomes a natural outcome of student engagement.

Want More Attendance Strategies?

Access additional tools, lessons, and resources designed to help your team reengage students and improve attendance.