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APPENDIX A

Dear participant/ parent/ guardian

Adolescents are faced with an increasing amount of stressors and risks (such as peer pressure, exposure to substances, academic pressures etc.) that can have a negative impact on their wellbeing. It is important that they are empowered to deal with these adversities and are able to rebound from them. One of the critical learning outcomes from the Department of Education is to “*enable the learner to use acquired life skills to achieve and extend personal potential to respond effectively to challenges in his or her world.*” The principal of the school has given permission for research to be conducted in the Life Orientation period with the aim of teaching the learners emotional-, social- and cognitive competencies that will enable them to increase their resilience.

The learners will be requested to fill in a self-evaluation questionnaire (Resiliency Scale) to determine their perception of their level of resilience. The Resilience Enhancement Kit will be administered to the learners in ten sessions where they will be able to practice and learn the competencies necessary for resilient functioning. The Resilience Enhancement Kit contains non-threatening and enjoyable interactive activities such as role-play, demonstrations, games etc. The questionnaire will be re-administered to determine if the Resilience Enhancement Kit had an effect on their perceived level of resilience. The information gained from the research will be kept confidential but can be made available to you on request. The participants have the right to withdraw from the research at any time. The researcher (L. Kruger) and class teacher (Ms. Meyer) will be present during the research. The research will be used to ascertain if the Resiliency Scale and Resilience Enhancement Kit are suitable instruments to be used by the schools to assess and foster resilience in adolescents and perhaps be included in the curriculum in the future. I request that you allow your child to be part of the research and to complete the return slip and send it to the school as soon as possible.

Thank you for your co-operation.

Yours sincerely

L. Kruger (Educational Psychologist)

Please complete the return slip and forward it to the school (L. Kruger)

Thank you for your co-operation.

Name of learner: _____

I hereby **give** / **decline** permission for my child to participate in the research. I understand that the research will not disadvantage or harm my child in any way. I understand the purpose of the study, that the information will be kept confidential and that the research will be conducted within school hours.

Signature: _____

Date: _____

APPENDIX B

----- Original Message -----

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address _____ city Gauteng state _____ zip South-Africa
phone 1541 fax _____ e-mail lkr@coho2@hse.wil.l.co.za

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----- Original Message -----

From: Anita Hunter

To: 'Lenette Kruger'

Sent: Sunday, May 01, 2005 9:14 PM

Subject: RE: permission to use image

I would be happy to share that with you. There is other work I have also done on this subject if you would care to read it.

Dr. Anita Hunter

<u>Name</u>	<u>Department</u>	<u>E-Mail</u>	<u>Extension</u>	<u>Office</u>	<u>Position</u>
Anita	School of	<u>ahunter@SanDiego.edu</u>	<u>7609</u>	<u>HSN-</u>	<u>Associate</u>
Hunter	<u>Nursing</u>			<u>107</u>	<u>Professor</u>

From: Lenette Kruger [<mailto:lifchoice2@absamail.co.za>]

Sent: Sunday, May 01, 2005 4:33 AM

To: ahunter@sandiego.edu

Subject: permission to use image

My name is Lenette Kruger, and I am a doctorate student at a university in South Africa. I am currently doing research on resilience and adolescents. I found the information in your article adolescent resilience interesting and very useful. I would like permission to use the diagram on continuum of resilience and information as part of my theoretical basis in my dissertation. I will provide the full references for where the diagram and information can be found as well as the author. I would greatly appreciate it if I were allowed to do so.

I can be contacted on lifchoice2@absamail.co.za

Many thanks

Lenette Kruger

(Educational Psychologist)

-----Original Message-----

From: Robert Lehr [mailto:robert.p.lehr@verizon.net]

Sent: 03 April 2005 05:19

To: lifechoice2@absamail.co.za

Subject: Images

Lenette

I assume you are referring to the Centre for Neuro Skills brain images. You may use them but you must reference them as Centre for Neuro Skills, Bakersfield, California USA and my name. Glad there are useful to you.

Bob Lehr

-----Original Message-----

From: "Steve Mayer" <Stephan.Mayer@oberlin.edu>

To: "Lenette Kruger" <lifechoice2@absamail.co.za>

Sent: Monday, May 02, 2005 8:26 PM

Subject: Re: reply for permission

> Dear Lenette,

> Certainly you have my approval to use that table. Your research sounds interesting and I wish you the best of luck with it.

> Stephan Mayer

>

Associate Professor

A.B., University of Southern California, 1976

Ph.D., University of Southern California, 1982

Department of Psychology

218 Severance Laboratory

Oberlin, Ohio 44074-1086

Phone: (440) 775-8067

FAX: (440) 775-8356

> --On Tuesday, May 03, 2005 7:29 PM +0200 Lenette Kruger

> <lifechoice2@absamail.co.za> wrote:

>

>> Dear Prof Mayer

>>

>> I am referring to the image regarding the dimensional typology of temperament on pg 189. >> Thank you so much for getting back to me, I really appreciate it!

>>

>> Kind regards

>> Lenette Kruger

-----Original Message-----

From: McCaffrey, Patrick [<mailto:PMcCaffrey@csuchico.edu>]

Sent: 28 April 2005 03:59

To: Lenette Kruger

Cc: McCaffrey, Patrick

Subject: RE: permission to use images

Dear Lenette,

I am happy to give you permission. It's ironic that the South Africa Speech, Language, Hearing Association have taken four of my units (articles?) and put them on their on-line ceus (continuing education units) website for their members who have to pay to access them. While it is flattering that they should value my work they did not ask my permission. Thank you for asking. If you ever have questions please feel free to e-mail me.

Best regards

Patrick McCaffrey

-----Original Message-----

From: Lenette Kruger [<mailto:lifecochoice2@absamail.co.za>]

Sent: Wed 4/27/2005 1:41 PM

To: McCaffrey, Patrick

Subject: permission to use images

Hallo

My name is Lenette Kruger, and I am a doctorate student at a university in South Africa. I am currently doing research on resilience and adolescents. I found the information posted on the internet interesting and very useful. I would like permission to use some of the brain images and information as part of my theoretical basis in my dissertation. I will provide the full references for where the image and information can be found as well as the author. I would greatly appreciate it if I were allowed to do so.

I can be contacted on lifecochoice2 <<mailto:lifecochoice2@absamail.co.za>>
lifecochoice2@absamail.co.za

Many thanks
Lenette Kruger

----- Original Message -----

From: "**Ken Merrell**" <kmerrell@uoregon.edu>
To: "Lenette Kruger" <lifechoice2@absamail.co.za>
Sent: Monday, May 02, 2005 8:59 PM
Subject: Re: Permission to use table

> Lenette, I would be glad to provide permission for you to use the table from my book
You have my permission to reprint this table. Please consider this e-mail as my formal
notification to you.

>

> Best wishes,

>

> Kenneth W. Merrell

>

Ken Merrell, Ph.D
School Psychology Program
5208 University of Oregon
Eugene, OR 97403-5208
Phone and Voicemail: 541-346-2414
Fax: 541/346-2897
E-Mail: kmerrell@uoregon.edu

>>> Hello Lenette,

>> Thank you for your recent Permission request. In response to your request

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Regards,

>> Bonita R. D'Amil

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>> Permissions and Translations Manager

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>> Lawrence Erlbaum Associates

>> 10 Industrial Avenue

>> Mahwah, NJ 07430

>> E-mail: Bonita.D'Amil@erlbaum.com

>> Phone: (201) 258-2211

>> Fax: (201) 236-0072

>> For more information on LEA visit our website at: www.erlbaum.com

-----Original Message-----

From: Drs. Anita and **Robert Plutchik** [mailto:proban@comcast.net]

Sent: 25 April 2005 03:29

To: Lenette Kruger

Subject: Re: Permission to use image

Please feel free to use the theory and illustrations of my circumplex model in your research. I would greatly appreciate receiving a summary of your findings when your work is completed.

Attached is a reprint of an article that my interest you.

Good luck,

Robert Plutchik

Dr. Robert Plutchik

4505 Deer Creek Blvd

Sarasota, FL 34238

Phone: (941) 925-7409

Cell: (941) 320-0206

Fax: (941) 925-0221

Email: proban@comcast.net

-----Original Message-----

From: Rintoul, Betty E. [mailto:ber@rti.org]

Sent: 04 April 2005 08:59

To: lifechoice2@absamail.co.za

Cc: brintoul@nc.rr.com

Subject: Factors in Child Development

Dear Lenette,

I am the primary author of the literature review you are interested in using. I am glad for you to use my model in your dissertation. I am copying this message to my other email address – I use this one more now than the RTI address.

Good luck on your dissertation research!

Sincerely,

Betty Rintoul, Ph.D.

----- Original Message -----

From: Klaus Scherer

To: Lenette Kruger

Sent: Monday, May 02, 2005 4:38 PM

Subject: Re: Permission to use image

Dear Ms. Kruger,

there is no problem reproducing the material in your thesis as long as this is not commercially published.

Best regards, Klaus Scherer

Department of Psychology

Tel. direct : +41-22-379-9211

University of Geneva

Tel. secretary : +41-22-379-9215

40, Boulevard du Pont-d'Arve

CH-1205 Geneva

Fax : +41-22-379-9219

Switzerland

Email : Klaus.Scherer@pse.unige.ch

Web page of the Geneva Emotion Research Group:

<http://www.unige.ch/fapse/emotion/welcome.html>

At 11:34 01.05.2005 +0200, you wrote:
Hallo Prof. Scherer

My name is Lenette Kruger, and I am a doctorate student at a university in South Africa. I am currently doing research on resilience and adolescents. I found the information in your book *The nature and study of appraisal* interesting and very useful. I would like permission to use diagram on the appraisal process and information as part of my theoretical basis in my dissertation. I will provide the full references for where the diagram and information can be found as well as the author. I would greatly appreciate it if I were allowed to do so.

I can be contacted on lifechoice2@absamail.co.za

Many thanks

Lenette Kruger

(Educational Psychologist)

----- Original Message -----

From: "**Phil Zimbardo**" <zim@Psych.Stanford.EDU>

To: "Lenette Kruger" <lifchoice2@absamail.co.za>

Sent: Saturday, April 30, 2005 2:18 AM

Subject: Re: permission to use information//YES

>sure it is my pleasure

> wish you well

> Phil z

Department of Psychology, Building 420

Stanford University

Stanford, CA 94305-2130

Tel: (650) 723-7498

Fax: (650) 725-5699

zim@stanford.edu

> Dear Professor Zimbardo

>>

>> My name is Lenette Kruger, and I am a doctorate student at a university

>> in South Africa. I am currently doing research on resilience and

>> adolescents. I found the information in your book Psychology and life

>> interesting and very useful. I would like permission to use diagram on

>> the theories of emotion and information as part of my theoretical basis

>> in my dissertation. I will provide the full references for where the

>> diagram and information can be found as well as the author. I would

>> greatly appreciate it if I were allowed to do so.

>>

>> I can be contacted on lifchoice2 <<mailto:lifchoice2@absamail.co.za>>

>> @absamail.co.za

>>

>> Many thanks

>> Lenette Kruger