Resiliency is the capacity of systems, natural or human-built, to function and flourish in the face of environmental change. In other words, resiliency is the ability of human and natural systems to adapt.

Choose a subject area and, in one of the suggested formats, explain how knowledge from that subject area can help us change and adapt as a society. You can use examples from the past to talk about how we have changed/adapted, or talk about things that are happening or being developed to show how we will need to change/adapt in the future.

If you choose to submit an essay or another written work, there is no suggested page-length or word count. You should think about your idea, and then send us a concrete representation of that idea. If you choose to submit something more abstract (such as artwork or poetry), it would be beneficial for you to provide a written/spoken explanation along with it in order to ensure that we understand your thinking.

Choose One Subject
Possible STEM subjects: science, technology, engineering, math
Possible Humanities subjects: visual and performing arts, English/reading, social studies/history

Choose One Format
Suggested Formats (in alphabetical order)

- Advertisement
- Article
- Artwork
- Brochure
- Comic strip
- Commercial (filmed or script)
- Essay
- Letter
- Podcast
- Poem
- Speech
- Trailer (filmed or scripted)

Sometimes applicants have questions about what outside help is allowed when working on an SEP application prompt. Part of adequately responding to this prompt does require talking with people, listening to their ideas and input, and discussing your own ideas with other people. Responding to this prompt also requires you to spend a substantial amount of time thinking, researching, and writing on your own. It is a good idea to have someone proofread your response before you submit it. The final product that you submit to us should be the result of your own work to synthesize the information and ideas you have researched and discussed with other people.

Please note the SEP online application system will only accept ONE uploaded file, so please consider this when responding to the prompt. If your response is not in a format that you can upload online, you should call us at 434-924-3182 for assistance.