

# determination & resiliency

## COLTON PARAYKO

DEFENSEMAN

BY MIKE KERN



**The definition of resilience is the ability to recover quickly from adversities and setbacks.** While resilience is typically seen as an outcome after a difficult times, it also is about how one reacts and copes with those situations. Determination often goes hand in hand with resiliency, as it is the act of setting a purpose to achieve a certain goal or outcome. Outside of the classroom, the St. Louis Blues show determination and resiliency both on and off the ice. Learn what defenseman Colton Parayko has to say on both of these topics, then use the corresponding writing prompts with your classroom.

### **Describe what determination and resiliency mean to you.**

Being resilient and determined means just trying to stick with it and stay even keel. In the hockey world, we're going to get low. There will be breakdowns, and there are going to be things that are not as positive as we'd like. Being prepared is key. Different things pop up and maybe things happen off the ice, but it's important to just do your best and do your job as best as possible.

### **When has facing a challenge on the way to achieving your goals ever helped you to become stronger?**

Growing up, I didn't really look at the big picture. I was a late bloomer in the hockey world, but I think I learned a lot from that process.



**HOCKEY** with  
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Hockey with Heart is a two-part series in partnership with the St. Louis Blues covering character education both on and off the ice. As the St. Louis Blues make their quest for another championship, Nathan Walker and Colton Parayko discuss respect and resiliency, and what it means to them.

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### How do you deal with setbacks and move forward from them?

I learned that if you can put your head down and work through challenges, it can help you push through. Personally, I was focused on each step and each accomplishment.

### What is your biggest motivator to succeed?

Growing up in Canada, we all dreamed of playing in the NHL. So, I think that in the back of your mind, you obviously want to win the Stanley Cup. For me, I've had good friends and family along the way that have been supportive, and that helps you enjoy doing what you do for work. That's what definitely keeps me motivated.

### How do those around you, like your teammates, your coach or others, help you to succeed?

It depends on the situation. I've always wanted to be a teammate where guys can lean on me or come to me and always be open to coming to me. I think it's important that whether its hockey or anything off the ice that I always want to help a teammate. Being a teammate and someone that can be approached by others is really important to me.

### WRITING PROMPTS

To Colton Parayko, his determination and resiliency is one of the keys to his success and being a good teammate. Below are a few ideas to get students thinking about what respect means to them.

- Write about a time that you succeeded. What helped you succeed?
- What are ways you have shown determination at school? What about at home?
- Give three examples of how you have shown resiliency and how you overcame those challenges.

