



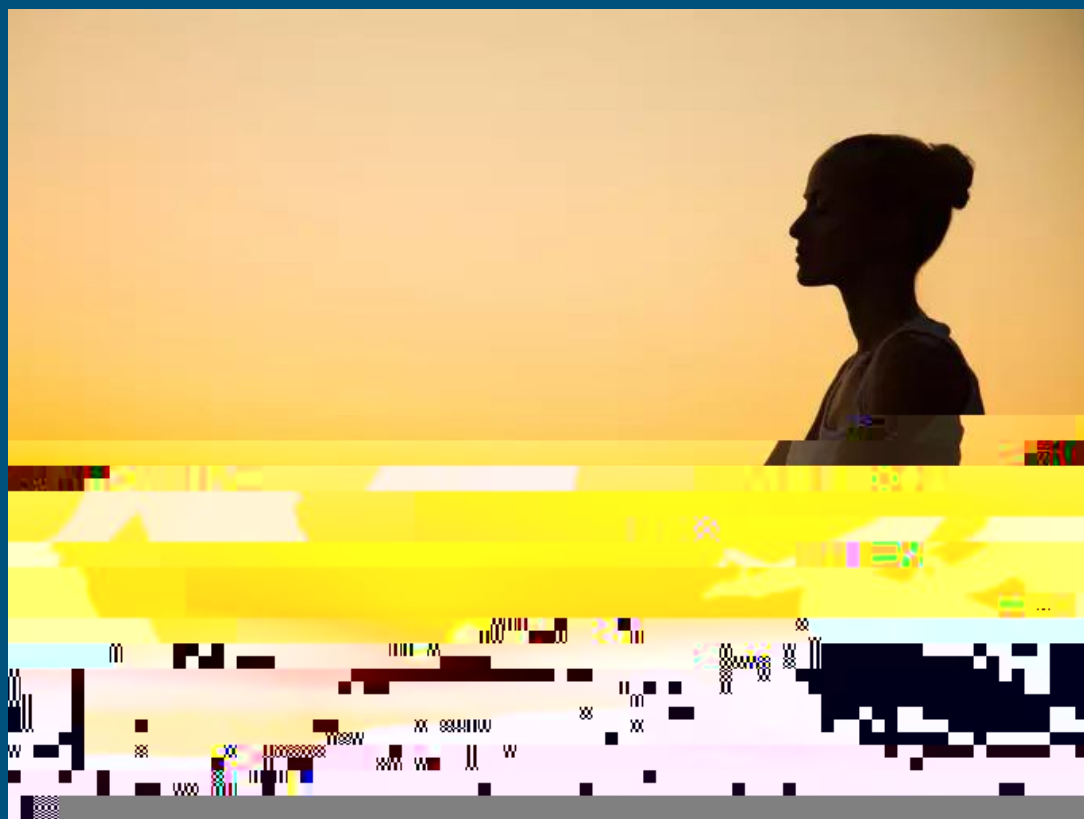
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What is resilience?

How does it impact me academically/socially?

What is my resilience?

How can I improve my resilience?





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Peter has a big test coming up that he needs to study for on Friday. However, he has a big event that his fraternity is putting on Thursday night before the test. He has spent most of the week preparing for the event, and hasn't spent a whole lot of time studying for the test. When asked about his test on Friday, he just laughs about it and says that he's not worried about the test. He'll be fine. Right now, his concern is making sure the fraternity event goes smoothly. His hard work pays off, and the event is a huge success.

*Which scenario is an example of resilience?*

Friday comes, and it is Peter's test day. He goes in to take the test, and realizes during the test that he's not as prepared as he thought. Sure enough, he just fails the test, and he is now endanger of failing the class. Peter is nervous because he needs to pass this class to take the next level course. Peter turns to his fraternity brothers, and they suggest he sees a tutor and take advantage of the study time. Peter takes the advice, and is able to turn his grades around to pass the class.

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Ability to bounce back again and again

Ability to adapt when faced with adversity and significant amounts of stress

Can include emotional pain, difficulty, or distress

Can also include personal growth and improvement

Involves behaviors, thoughts, and actions

Everyone possesses resilience, it is a skill that can be developed



# Cognitive (ABC) Model

(1991)

A Adversity

(Negative Event / Circumstance)

Beliefs about adversity



Thoughts about adversity

Emotions

Behaviors

Consequences

Emotional Distress

Maladaptive Behaviors

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A- What is the Adversity? What is the situation you're currently struggling with?

B- What is the Belief that this had led to? What is your explanation for why this happened?

C- What was the Consequence of this belief? What are the feelings/behaviors you are experiencing?





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Avoid seeing crises as  
insurmountable  
Accept change is a part of  
life  
Self-Discovery  
Maintain a hopeful outlook

Connect with others, or  
join a group  
Make realistic goals and  
move towards them  
Take decisive action  
Help others

Pause  
Take care of your body  
Avoid negative outlets  
Practice mindfulness  
Be proactive

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Get involved!

Clubs & Orgs; Intramural sports; specialized groups

Leadership opportunities

Jobs on campus (ESCCO, TALONS, RAs); Retreats (SPACES)

Mental and physical health options

Student Success; Counseling Center; WGSC; Veterans Center; Gym; health classes

Academic support

Tutoring center; academic related clubs; preceptor

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bfj  
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B- What is the Belief that this had led to? What is your explanation for why this happened?

C- What was the Consequence of this belief? What are the feelings/behaviors you are experiencing?

D- How can you Disrupt this belief? What helpful/self-enhancing belief can I adopt?

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Michael

- 6 Time NBA Champion,
- 5 Time NBA MVP, &
- 4 Time NBA All-Star



