



# College is tough... But You're Tougher!

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# What is covered in this presentation?

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- What is resilience?
- How does it impact me academically/socially?
- What is my resilience?
- How can I improve my resilience?

# Before we get started...

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# What is resilience?

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## Scenario A

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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?*

## Scenario B

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 in danger 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 see 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.

# Resilience

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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

# Let's Take a Deeper Dive



# Cognitive (ABC) Model

(Beck, 1976; Ellis, 1962; Seligman, 1991)

## A - Adversity

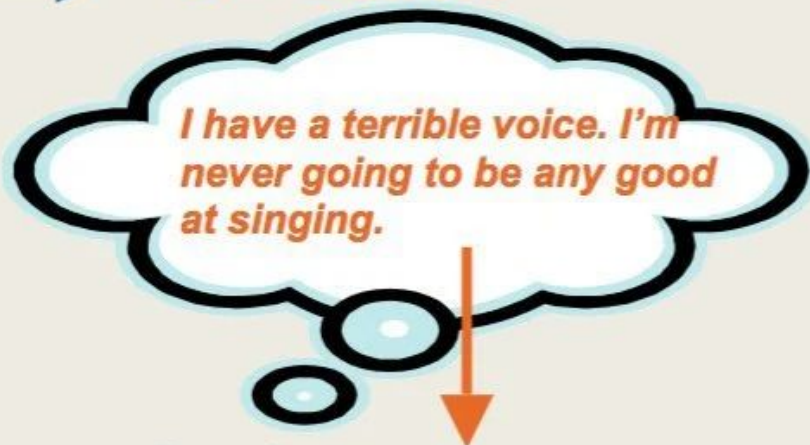
(Negative Event / Circumstance)

*I didn't get selected for choir*



## B - Beliefs

*I have a terrible voice. I'm never going to be any good at singing.*



## C - Consequences

(Feelings/Behaviors)

*Feel sad, give up on practicing singing*





# Think about a current situation you are dealing with at Stockton...

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?

How do I improve my  
resilience?

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# Again, what is resilience?

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Involves thoughts, behaviors, and  
actions



# What can I do?

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## Thoughts

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

## Actions

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

## Behaviors

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

# Campus Resources and Ideas

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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

# Think about a current situation you are dealing with at Stockton...

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

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

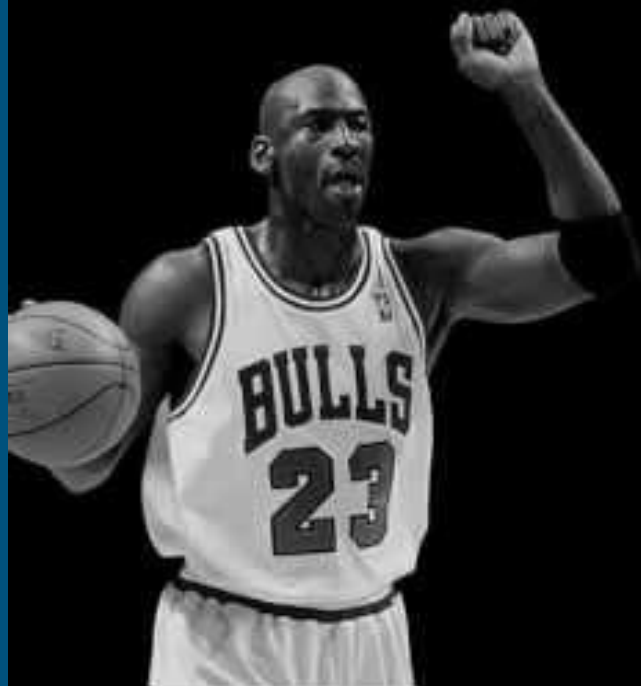
D- How can you Disrupt this belief? What helpful/self-enhancing belief can I adopt?

E- How can enact an Effective new belief and consequence? What are your new feelings?

# What will you walk away with?

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- What is resilience?
- How does it impact me academically/socially?
- What is my resilience?
- How can I improve my resilience?



## Michael Jordan

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



# Wrap Up...

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THANK YOU!