
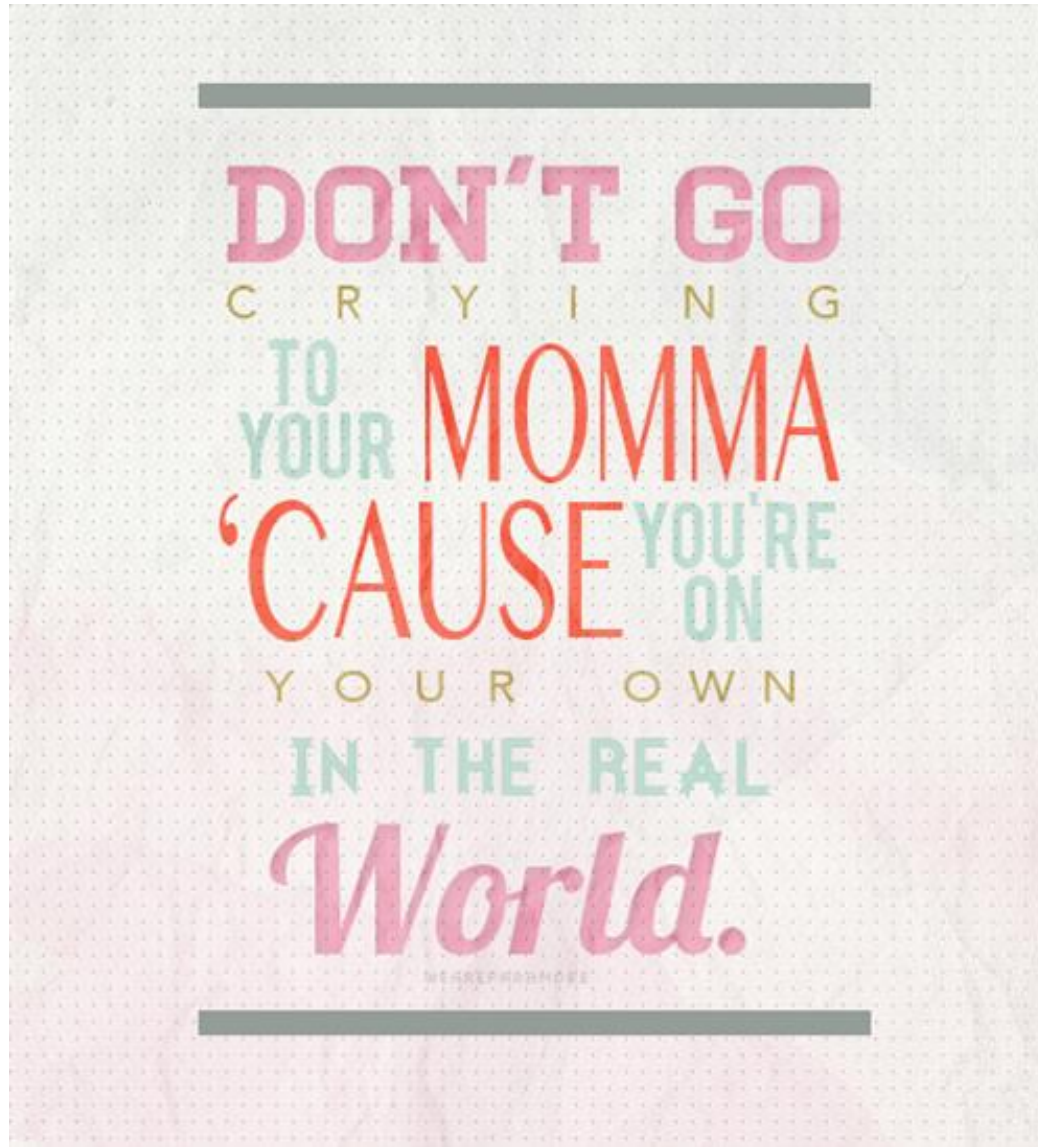


Life is
TOUGH
but so are
YOU.



Helping Students Develop Bounce: Cultivating Resiliency

Tonnett Luedtke
Leah O'Grady



Introductions

- Tonnett Luedtke, MA
- Leah O'Grady, MA Candidate



UNIVERSITY *of*
DENVER

STUDENT LIFE

Academic Advising
& Discoveries Orientation

Presentation Objectives

Participants will be able to:

- Define what we mean by “resilience”
- Identify 5 common factors of resilient people
- Discuss what resiliency looks like in academic advising situations
- Describe at least two strategies for encouraging resiliency with your students

**Life doesn't
get easier**

**or more
forgiving,**

**we get
stronger and
more resilient.**

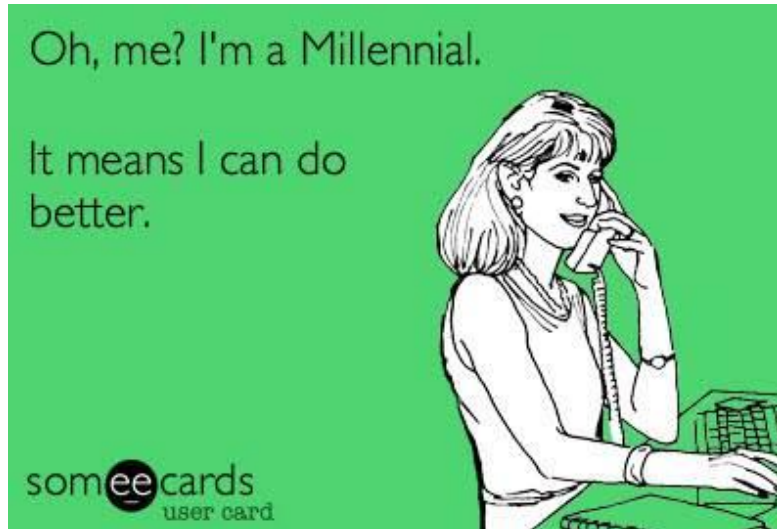
Presentation Assumptions

“IMPERFECTIONS ARE NOT
INADEQUACIES; THEY ARE
REMINDERS THAT WE’RE ALL
IN THIS TOGETHER.”

Brene Brown

- As academic advisors our written and spoken words can be meaningful and matter.
- Our personal stories & narratives are powerful.
- You are practitioners looking for practical suggestions.
- We are talking about the millennial generation

The Millennial Generation



#MILLENNIALS

The text "#MILLENNIALS" is written in white chalk on a dark grey chalkboard.



What is Resiliency?



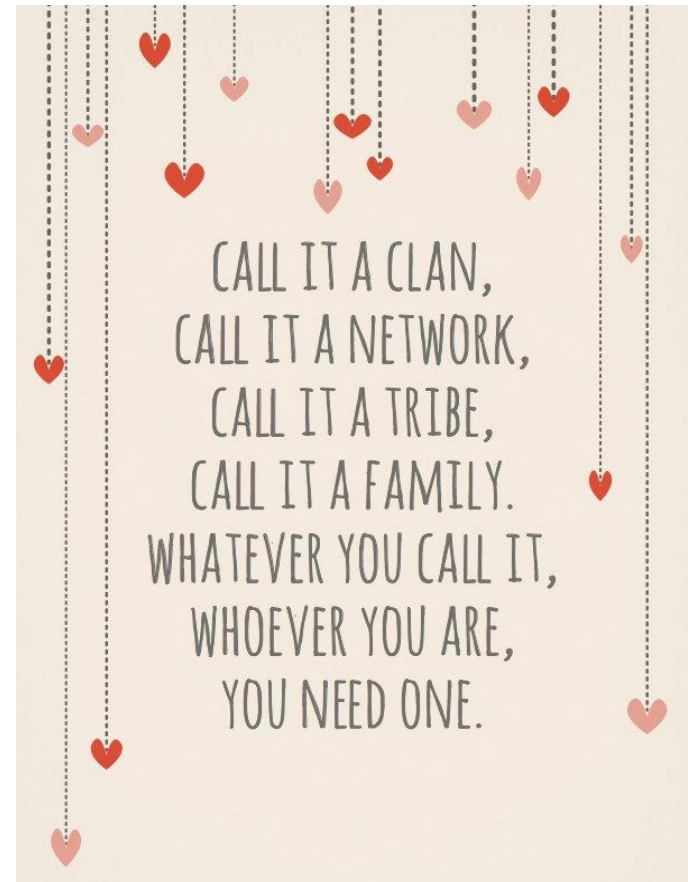
Brené Brown, Researcher & Storyteller



“ Maybe stories are just data with a soul. ”

5 Common Factors of Resilient People

1. They are resourceful and have good problem-solving skills.
2. They are more likely to seek help.
3. They hold the belief that they can do something that will help them to manage their feelings and to cope.
4. They have social support available to them.
5. They are connected with others, such as family or friends.



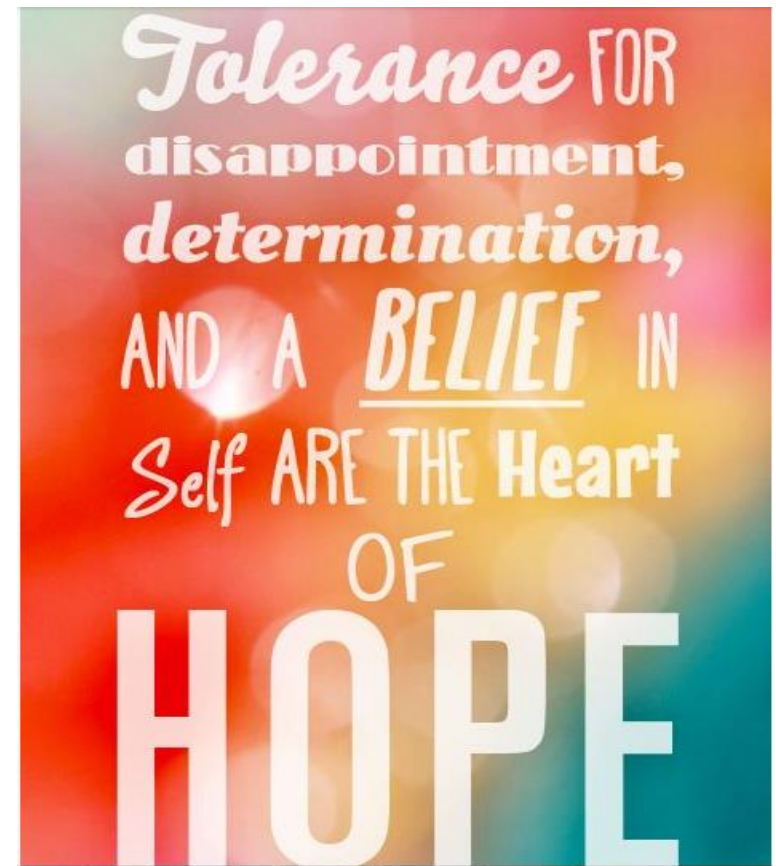
Other Common Factors of Resiliency



- Cultivating Hope
- Practicing Critical Self-Awareness

Cultivating Hope

- Creating boundaries
- Providing consistency
- Giving support



Think of an example from college when you bounced back, learned, and grew in tough time?

How Do We Cultivate Hope?



- Hope Theory
 - SMART goals
- Hope reminding
- Acknowledging victories

Practicing Critical Awareness



- Expectations for College Life
- Media's Role
- Reality Checking Messages
- Parents' Role

College Expectations

- College academics will be the same as high school academics
- My grades will echo my high school grades
- My Professors will get to know me
- Professors will follow up with me if I am doing poorly
- Making friends is easy
- I won't need help OR I'll look stupid asking for help
- Professors are the experts and will tell me what I need to know (dependent vs. independent learning)



IT'S THE BEST
FOUR YEARS
OF YOUR LIFE.

Millennial Messaging

- “You can be/do anything”
- Decision derailers (lawnmower parents)



- The Digital Age: the alteration of relationships
- Failure is bad and everyone is a winner for trying

Millennial Mindsets...

- Grew up:
 - Being told “you can do anything”, but also the digital age (i.e. instant gratification)
 - Helicopter or Lawn Mower parents (decision-derailing)
 - Wanting to make a difference in the world
 - Digitally (i.e. connections/relationships drastically changed)

Realities of College

Unrealistic expectations make stress the new normal for students

Kalah Siegel
May 5, 2014

College should be educational, enjoyable and some of your best years. That's why it's so sad to see students breaking under the various pressures in their lives. Expectations are only rising for college graduates, and those expectations directly result in a steep increase in stress for current students.

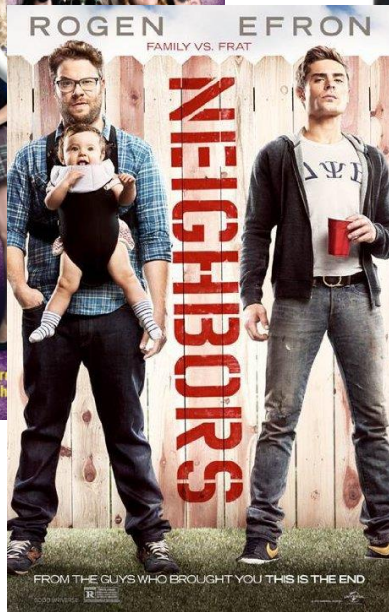


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Within the last 12 months, any of the following been traumatic or very difficult to handle:

	Percent (%)	Male	Female	Total
Academics		38.8	47.8	44.7
Career-related issue		24.6	27.6	26.6
Death of family member or friend		12.9	17.2	15.7
Family problems		21.1	32.3	28.6
Intimate relationships		27.4	32.7	30.9
Other social relationships		19.3	26.5	24.1
Finances		30.3	37.0	34.8
Health problem of family member or partner		14.7	20.9	18.8
Personal appearance		15.3	27.1	23.1
Personal health issue		13.4	21.2	18.6
Sleep difficulties		23.9	28.4	26.9
Other		8.4	9.8	9.4

College Life in the Media



Reality Checking Messages

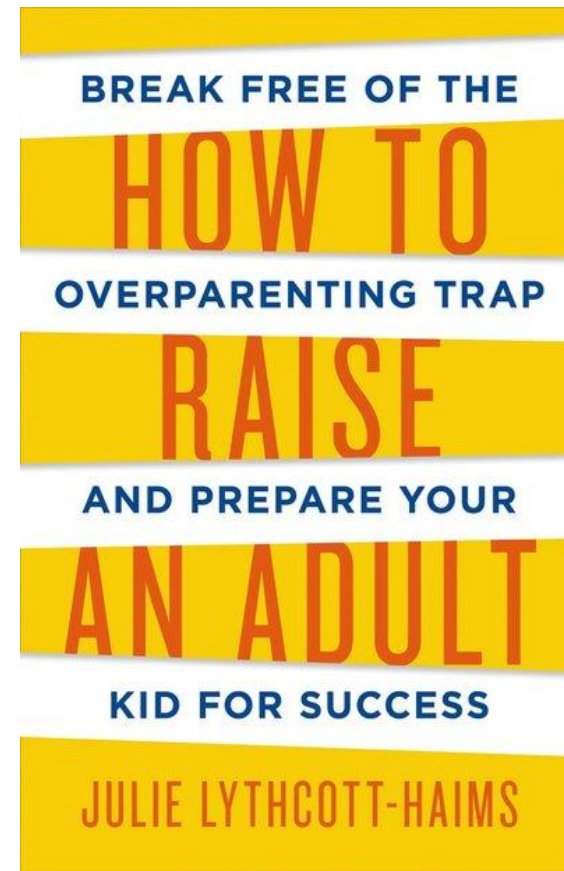
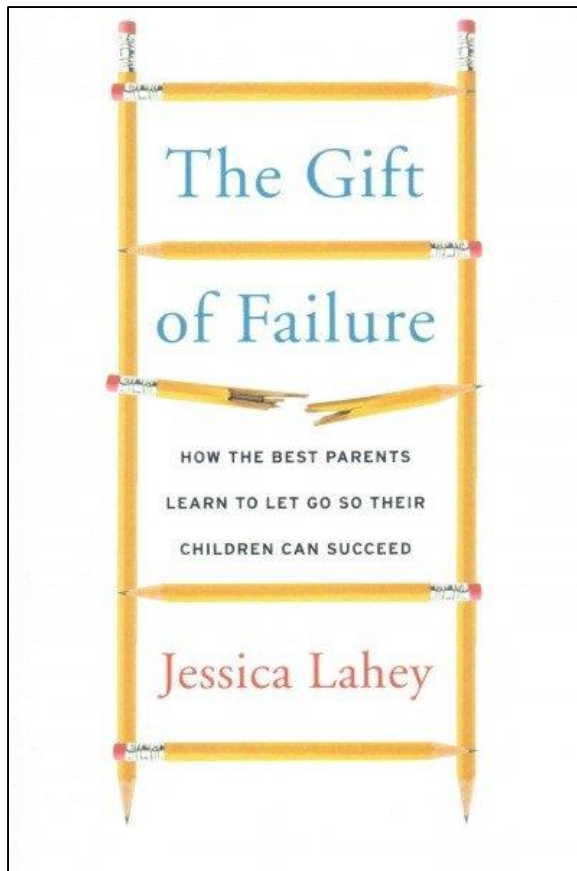
- Is what I'm seeing real? Do these images convey real life or the whole picture?
- Do these images reflect healthy living?
- What happens if I don't do everything perfectly?

Congratulations on perfecting the illusion of having an interesting and adventurous life on your facebook page



your  cards
someecards.com

Parents' Role



When Have You Had to Reality Check a Student?

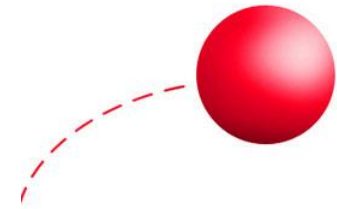
What Traits Do Resilient Students Share?

- They have the ability to accomplish goals.
- Setbacks don't surprise them, nor overwhelm them.
- Obstacles are to be overcome, not just avoided.
- They see trying as an important step in the process, instead of a reason to abandon a project.



What Can We Do to Encourage Resilience in Students?

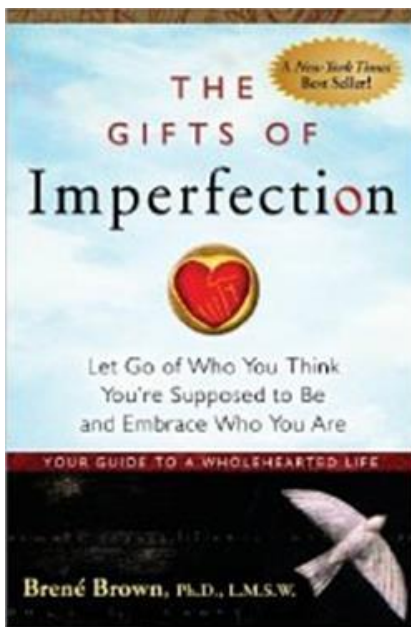
Strategies for Cultivating Resilience



- Encourage students to look for opportunities for self-discovery.
- Help students to avoid seeing crises as insurmountable problems.
- Coach students in developing realistic goals for themselves.
- Challenge your ideas of what students can and can't handle.
- Acknowledge and praise students for demonstrating resilience.
- Share your own stories of overcoming adversity.
- Explain academics in terms of resilience.
- Help students make connections.
- Develop a strengths-based perspective.
- Challenge false assumptions.

****These strategies are listed to help academic advisors gain a better understanding of practical ways to cultivate resiliency and **are by no means exhaustive.***

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