Helping Students Develop Bounce: Cultivating Resiliency

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DON'T GO CRYING TO YOUR MOMMA 'CAUSE YOU'RE ON YOUR OWN IN THE REAL WORLD.
Introductions

- Tonnett Luedtke, MA
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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
Presentation Assumptions

- 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.

“Imperfections are not inadequacies; they are reminders that we’re all in this together.”

Brene Brown
The Millennial Generation

Oh, me? I'm a Millennial.
It means I can do better.
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.
Tapcode Video
Other Common Factors of Resiliency

- Cultivating Hope
- Practicing Critical Self-Awareness
- Letting go of numbing and taking the edge off vulnerability, discomfort, and pain
Cultivating Hope

- Creating boundaries
- Providing consistency
- Giving support
Think of an example from college when you bounced back, learned, and grew in tough times?
How Do We Cultivate Hope?

- Hope Theory
  - SMART goals (Specific, Measurable, Attainable, Realistic, Time-bound)
- Hope reminding
- Acknowledging victories
Practicing Critical Awareness

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

- College academics will be the same as high school academics
- My grades will echo my high school grades
- 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
- Dependent vs. independent learning (self-advocacy)
College Life in the Media
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.

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

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<thead>
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<th>Percent (%)</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
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<tr>
<td>Academics</td>
<td>38.8</td>
<td>47.8</td>
<td>44.7</td>
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<tr>
<td>Career-related issue</td>
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<tr>
<td>Death of family member or friend</td>
<td>12.9</td>
<td>17.2</td>
<td>15.7</td>
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<tr>
<td>Family problems</td>
<td>21.1</td>
<td>32.3</td>
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<tr>
<td>Intimate relationships</td>
<td>27.4</td>
<td>32.7</td>
<td>30.9</td>
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<tr>
<td>Other social relationships</td>
<td>19.3</td>
<td>26.5</td>
<td>24.1</td>
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<tr>
<td>Finances</td>
<td>30.3</td>
<td>37.9</td>
<td>34.8</td>
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<tr>
<td>Health problem of family member or partner</td>
<td>14.7</td>
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<td>Personal appearance</td>
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<tr>
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<td>13.4</td>
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<tr>
<td>Sleep difficulties</td>
<td>23.9</td>
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<tr>
<td>Other</td>
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Sometimes the Media Gets it Right...

- Gilmore Girls clip
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.
When Have You Had to Reality Check a Student?
Letting Go of Numbing

“When we stop "taking the edge off" and those sharp edges come back into our lives, we begin to witness how leaning into the discomfort of vulnerability teaches us how to live with joy, gratitude, and grace. ”

- Brené Brown

www.oprah.com/brenebrowncourse
Digging into Numbing

- Does ______ get in the way of my authenticity?
- Does it stop me from being emotionally honest?
- Does it stop me from setting boundaries?
- Does it stop me from feeling like I'm enough?
- Does it stop me from feeling connected?
- Am I using ______ to escape from reality or hide from the reality of my life?
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.
- Challenge our ideas of what our students can and can't handle.
- Share our own stories of overcoming adversity.
- Avoid seeing crises as insurmountable problems.
- Accept that change is a part of living.

- Praise students when they demonstrate resilience.
- Explain academics in terms of resilience.
- Help Students make connections.
- Keep things in perspective.
- Create realistic goals with students.
References