

# **How to Fail: A Resilience Building Workshop**

## **Contact Information**

Student Health Services  
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**Length of Presentation** 50 minutes

**Presenter Information**  Professional Staff

Graduate Students

Undergraduate Students

## **UNIV 101 Learning Outcomes** Ia, IIIc, IIId

### **Abstract**

Resilience is defined as the ability to recover quickly from difficulties and to persevere in the face of adversity. The "How to Fail: A Building Resilience Workshop" is an interactive presentation that will teach students about building resilience and how resilient behaviors can lead to a successful college experience. This presentation is perfect for students who would like to learn how to set and manage expectations, practice self-compassion, and develop effective tools for stress management.

### **Presentation Learning Outcomes**

*As a result of this presentation, students will be able to:*

- Identify three resilience-building behaviors that they can adopt.
- Name three strategies to use in the face of adversity and difficult circumstances.
- Explain how resilience can enhance their emotional well-being, coping skills, and positive help-seeking behavior and improve their chances of academic success.

### **Outline of Presentation**

I. Introduction

II. Activity - Check-in: Students will identify two colors to describe their mood

III. Define resilience

- a. Provide textbook definition of resilience
- b. Famous Failures
- c. Qualities of resilience

IV. Connect resilience to academic success

- a. Demonstrate how resilience acts as a buffer against academic distress
- b. Activity - Life Stressor Post-it Note Activity
- c. Perfectionism's limitations

V. How to build resilience?

VII. Summary and assessment