

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, IIc, 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