

# Advising Students on Developing Resiliency as a Strategy for Academic Success

**Nova Schauss, M.S.**  
Student Success Specialist  
College of Engineering  
Oregon State University  
Nova.Schauss@oregonstate.edu

**Kerry Thomas, M.S.**  
Academic Advisor  
College of Liberal Arts  
Oregon State University  
Kerry.Thomas@oregonstate.edu

## Prezi

[http://prezi.com/0vkhris71hb3/?utm\\_campaign=share&utm\\_medium=copy](http://prezi.com/0vkhris71hb3/?utm_campaign=share&utm_medium=copy)

## Areas of Current & Emerging Research

### Resiliency

What are the characteristics of a resilient person?

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.

Brown, B. (2010). *The Gifts of Imperfection*. Ch. 3: Pp. 63-75. Center City: Hazelden.

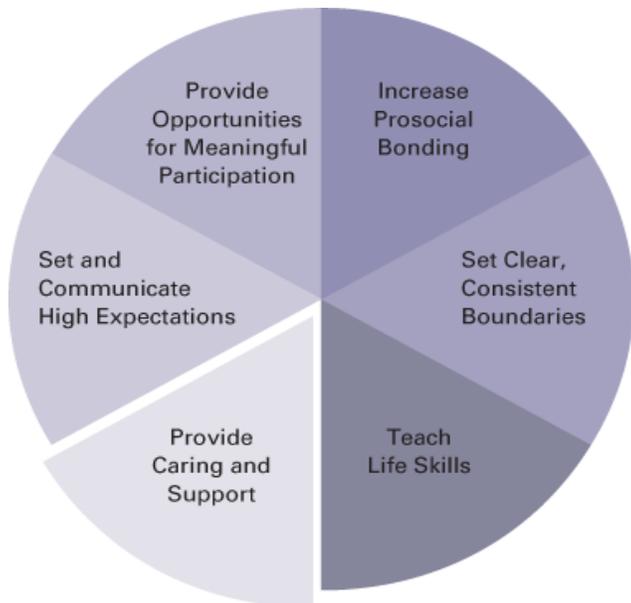
“Resilience is often a slow unfolding of understanding.” (Brown, pg. 45)

### **How does this sound in an advising appointment?**

“I found out that I am not going to have the grades to get into pro-school for my major, but I processed this with my parents and discussed other possible majors and I want to talk with you about my options.”

### Protective Factors

“How exactly does a student become more resilient? And how can schools most effectively capitalize on their power to promote resilience? The short answer is a student's resilience is fostered when his or her *internal* and *environmental protective factors* are strengthened. These protective factors can buffer, ameliorate, and mitigate the effects of risk and stress, propelling the student to academic and life success.” (<http://www.ascd.org/publications/educational-leadership/sept13/vol71/num01/Havens-of-Resilience.aspx>)



### **The Resiliency Wheel**

Nan Henderson’s Protective Factors can be developed or fostered by educators or advisors. These six factors help to promote resiliency in students’ lives.

Caring and support is highlighted because it is the single most important protective factor.



# Advising Students on Developing Resiliency as a Strategy for Academic Success

## Flourishing

“The people who work in positive psychology are the people with the highest well-being I have ever known. The content itself- happiness, flow, meaning, love, gratitude, accomplishment, growth, better relationships- constitutes human flourishing. Learning that you can have more of these things is life changing.” (Seligman, pg. 2)

“To flourish, an individual must have all of the ‘core features’ and three of the six ‘additional features.’” (Seligman, pg. 26)

Core Features	Additional Features
Positive Emotions	Self-esteem
Engagement, Interest	Optimism
Meaning, Purpose	Resilience
	Vitality
	Self-Determination
	Positive relationships

What Went Well? (Seligman, pg. 33)

Take a few minutes and write down three things that have gone well for you today and **why** they went well.

- 1.
  
- 2.
  
- 3.

## Thriving

“Thriving college students not only are academically successful, they also experience a sense of community and a level of psychological well-being that contributes to their persistence to graduation and allows them to gain maximum benefit from being in college.” (www.thrivingincollege.org)

### **How does it sound in an advising appointment?**

“I’ve decided to run for a student government position. I think I’m ready to take on the challenge. I think it’ll help me connect with different groups of people on campus, and get to know areas of the university outside of my major.”

## Fixed vs. Growth Mindset

The Fixed Mindset: “Believing that your qualities are carved in stone.” (Dweck, pg.6)

The Growth Mindset: “...The belief that your basic qualities are things you can cultivate through your efforts...Everyone can change and grow through application and experience.” (Dweck, pg. 7)



## Advising Students on Developing Resiliency as a Strategy for Academic Success

### How does it sound in an advising appointment?

"I can't understand my chemistry professor. I was always really good at chemistry in high school, but it just isn't clicking anymore. I think I'm going to withdraw from the class, as I'm pretty sure I'm going to fail anyway." (Fixed Mindset)

"My chemistry class is really challenging. The subject always came easily to me in high school, but now it's requiring a lot more time to grasp the concepts. It won't be an easy class to pass, but I know I can do well if I increase my studying, use professor office hours and stay on top of the work." (Growth Mindset)

### Grit

"Grit is the tendency to sustain interest in and effort toward very long-term goals." (<https://sites.sas.upenn.edu/duckworth>)

### How does it sound in an advising appointment?

"The engineering curriculum is a lot more challenging than I expected. But, I'm going to take it one term at a time and stick with it. I know that engineering is the best field for me, and I'm committed to earning my engineering degree."



## Advising Students on Developing Resiliency as a Strategy for Academic Success

### References

Brown. B. (2010). *The Gifts of Imperfection*. Center City: Hazelden.

Davidson, C. N. (2011). *Now you see it: How the brain science of attention will transform the way we live, work and learn*. Penguin Books: New York, NY.

Duckworth, A.L. <https://sites.sas.upenn.edu/duckworth>. Retrieved: March 14, 2014.

Dweck, C.S. (2008). *Mindset: The new psychology of success*. Ballantine Books: New York.

Elmore, T. (2013). *Habitudes: Images that form leadership habits & attitudes*. Poet Gardner Publishers: Atlanta, Georgia.

Hendersen, N. <http://www.resiliency.com/> . Retrieved: March 11, 2014.

Medina, J. (2008). *Brain rules: 12 principles for surviving and thriving in work, home and school*. Pear Press: Seattle, WA.

Schreiner.L. <http://www.thrivingincollege.org/>. Retrieved: March 14, 2014.

Sedlacek, W. E. (1987). Prediction of college graduation using noncognitive variables by race. *Measurement and Evaluation in Counseling and Development*, 19, 177-184.

Seligman, M. (2011). *Flourish: A visionary new understanding of happiness and well-being*. Free Press: New York.

### Media Clips

Positive Psychology- Dr. Martin Seligman TEDTalk

[http://www.ted.com/talks/martin\\_seligman\\_on\\_the\\_state\\_of\\_psychology](http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology)

Flourishing- Dr. Martin Seligman, mini lecture

<https://www.youtube.com/watch?v=weVPtrXMMx8>

Mindset- Eduardo Briceno TEDTalk

<http://www.youtube.com/watch?v=pN34FNbOKXc>

Grit & Growth Mindset- Dr. Angela Duckworth TEDTalk (used in presentation)

<http://www.pbs.org/wnet/ted-talks-education/speaker/dr-angela-lee-duckworth/>

Empathy- Brene Brown (used in presentation)

<http://brenebrown.com/2013/12/10/rsabear/>

Famous Failures

<http://www.youtube.com/watch?v=zLYECljmnQs>

Brain-Based Learning Model: Neuroplasticity- Dr. Don Elger

<http://www.youtube.com/watch?v=VvZ-9ofM7Go>



## Advising Students on Developing Resiliency as a Strategy for Academic Success

A Study on Praise & Mindset, with Dr. Carol Dweck- Trevor Ragan  
<https://www.youtube.com/watch?v=NWv1VdDeoRY>

The Learning Brain- The Learning Pod  
<https://www.youtube.com/watch?v=cgLYkV689s4>

Your Brain on Stress & Anxiety- Dr. John Kenworthy  
<https://www.youtube.com/watch?v=gmwiJ6ghLIM>

Your Body Language Shapes Who You Are- Dr. Amy Cuddy  
<https://www.youtube.com/watch?v=Ks- Mh1QhMc>

Rethinking Failure  
<http://www.upworthy.com/a-beautifully-refreshing-perspective-on-failure>

### Articles and Websites

Authentic Happiness Website  
<http://www.authentichappiness.sas.upenn.edu/Default.aspx>

Sloane, P. (2011). 5 Great Questions to Ask Yourself After a Failure.  
<http://www.lifehack.org/articles/lifehack/5-great-questions-to-ask-yourself-after-a-failure.htm>

NPR: Does Teaching Kids to Get 'Gritty' Help Them Get Ahead?  
<http://www.npr.org/2014/03/17/290089998/does-teaching-kids-to-get-gritty-help-them-get-ahead>

Henderson, N. <http://www.resiliency.com/>

Resilience Project, Stanford University. <https://undergrad.stanford.edu/resilience>

Rich, A. (1977). "Claiming an Education." Speech Delivered at the Convocation of Douglass College, 1977.

Your Amazing Brain  
<http://www.youramazingbrain.org/brainchanges/stressbrain.htm>

The Body Soul Connection: 5 Minute Stress Mastery  
<http://www.thebodysoulconnection.com/EducationCenter/fight.html>

Purdue University: Cognition & Learning Lab  
<http://learninglab.psych.purdue.edu/news/>

Will That Be On the Test?  
<http://www.psychologicalscience.org/index.php/publications/observer/2008/november-08/will-that-be-on-the-test.html>