



Session 1

Introducing Resiliency

Getting Started

Focus on being present.

List the top three things you hope to gain from your college experience:

1. _____
2. _____
3. _____

Watch the video: Introduction to Resiliency

Resiliency: The ability to bounce back from negative emotional experiences by flexible adaptation to the changing demands of stressful experiences.

Or you can think about it in these two ways:

- Your in-the-moment ability to bounce back
- Building capacity over time



Learn more about each Pillar by reviewing the PDF in the online course.

List 5 words that represent Resiliency in your life and schoolwork.

List your top 3 strategies that you currently employ that helps you maintain your resilience at school. How do you stay resilient during exams? When multiple projects are coming due?

1. _____

2. _____

3. _____

Looking at the PDF located in the course site, next to each strategy above, write which of the 6 Pillars each of these could fall under. Note that one strategy could incorporate multiple aspects of resiliency.

Things that Grow and Steal Your Resilience

A primary goal of this course is to practice skills learned in specific scenarios. Additionally, you cannot be your most Resilient self in isolation. In order to best achieve these goals, you need to select moments in which to practice this.

Pick 1-2 moments in each of the following categories to utilize the new principles you'll learn in this course:

Personally: _____

With your schoolwork: _____

With classmates: _____

Watch the video: Ability to be Present

By merely identifying these moments, you will naturally become curious about how to better approach them. Please keep these in mind and use them to help you listen to and work through the exercises presented in this course.

Lastly, let's make a list of times throughout your days when you are the **most** and **least** present (or distracted) and note **how** to work towards improving this.

Most present:	Most distracted:	How to be more present this moment:
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1. _____	1. _____	1. _____
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2. _____	2. _____	2. _____
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Deeper Dive

"Why Zebras Don't Get Ulcers" by Robert Sapolsky

