

# The Relationship between Resilience and University Success

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# Definition of Resilience

“the potential to exhibit resourcefulness by using available internal and external resources in response to different contextual and developmental challenges” (Pooley & Cohen, 2010, p. 34).

# The Relationship between Resilience and University Success – What we know

Contributors to success in university students:

- Higher levels of self esteem
- Higher levels of social support
- The use of problem-focused coping skills
- Reduced emotion-focused coping skills

# Development of a New Workshop for First Year University Students

## Methodology:

1. Review of existing literature to determine a range of contributing factors to university success and the results of ECU research
2. Review of available tools that can provide students with a self-test, where they can privately identify their strengths
3. Develop a workshop for first year university students to enhance resilience

# Development of a New Workshop for First Year University Students

## Methodology:

4. Pilot test the face to face workshop
5. Develop an on-line version of the workshop which students can access anytime
6. Collect data from the on-line workshops to maintain knowledge of resilience in first year university students through regular data analyses

# Development of a New Workshop for First Year University Students

## Workshop Context:

- Delivered by peers - linking with other peer support activities within the university

## and Content:

- Transition to University
- Resilience – what is it and how do we know that we have it?
- Resilience – an acquired skill set

# Development of a New Workshop for First Year University Students

Some measures chosen for the workshops:

1. **Satisfaction with Life Scale** (Diener, et al., 1985)
2. **Rosenberg Self Esteem Scale** (Rosenberg, 1965).
3. **Multidimensional Scale of Perceived Social Support** (Zimet, et al., 1988).
4. **Lifespan Individual Resilience Scale** (Harms, et al., 2011).
5. **Locus of control** (Rotter, 1966)
6. **Coping skills –SCOPE** (Struthers, et al., 2000).

# Examples of Workshop Content

The following three slides demonstrate some content of the workshop.

- For face to face delivery, pre workshop completion of the measures shown above will allow facilitators to choose from a range of appropriate activities.
- The on-line version of the workshop will allow participants to complete the range of measures and choose from a range of activities to enhance their resilience.

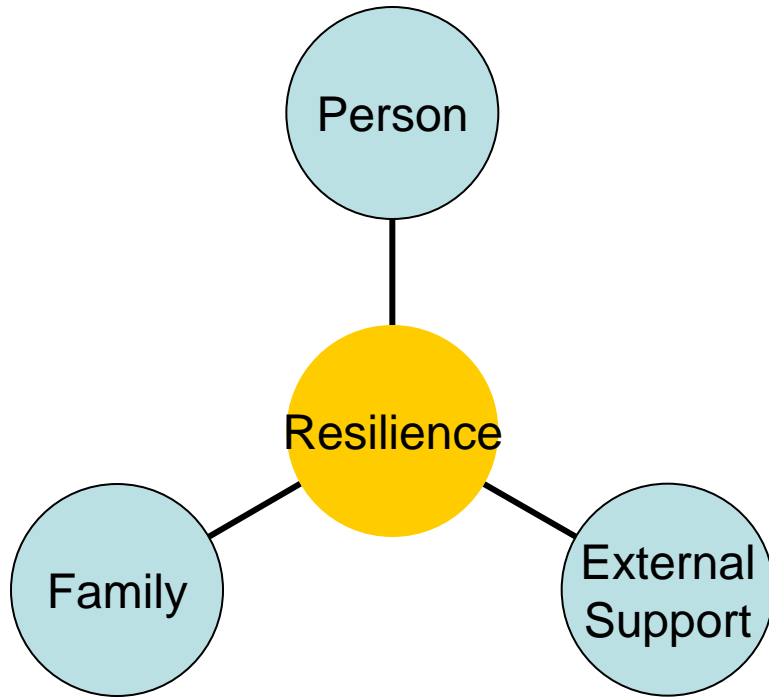


# Same name, two different stories



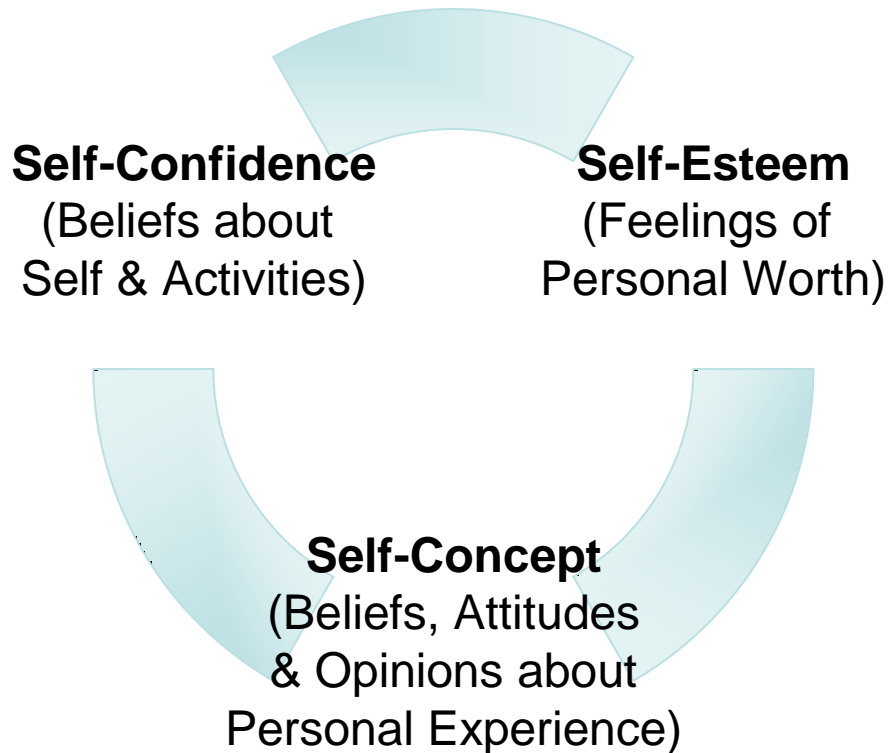
- They share the same name (Wes Moore)
- They grew up in the same neighbourhood (Baltimore)
- Both were fatherless
- Two years separate their age
- However,
  - One grew up to be a Johns Hopkins graduate, Rhodes Scholar, decorated combat veteran, and business leader
  - The other is serving life in prison for felony murder
- **What makes the difference?**

# Risk & Protective Factors



- Resilience is successful adaptation in the face of adversity.
  - Psychological dispositional attributes (The person)
  - Family support and cohesion
  - External support from environmental and/or community systems

# Sense-of-Self



- Your sense-of-self is a unique combination of your self-esteem, self-concept, and self-confidence.
- Each of these factors is equally important.
- All three factors are constantly interacting to help you to determine your sense-of-self.

# References

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