Session II

• Questions or concerns about previous assignments?

• Today
  1. Assessing your resilience based on your history
  2. Identifying factors needed to improve resilience
  3. Homework assignment
Your personal responsibility line

Acceptance of personal responsibility
Ownership of choices and freedom to choose
Saying… ‘I want to….’

Personal Responsibility
Saying… “I need to….’

denying, blaming, making excuses, rationalizing, intellectualizing

(More time spent above the line = greater self esteem)
Assessing your resilience

Resilience is a measurable quality

In Your Time at Rensselaer

• Describe some situations where you demonstrated resilience?

• Describe some situations where you needed resilience?
Assessing Resilience

- When faced with failure, are you likely to persist or avoid the situation?

- When you have the opportunity to try something new, are you more likely to choose something where you are more likely to be successful?

- How well do you adapt to change?
Assessing Resilience

As a child, **who** were your role models that demonstrated

- Persistence
- Determination
- Grit
- Tolerance of failure

Give examples of your observations of your role models demonstrating these qualities
Assessing Resilience

- When thinking about working on a task that is difficult, do you usually procrastinate?

- Do you find setbacks to be discouraging?

- Do you believe if you work hard you will usually be successful?
Resiliency Factors

- Persistence
- Motivation
- Goal Orientation
- Optimism
- Confidence
- Cognitive reframing
- Emotional regulation
- Decisive risk-taking
- Internal locus of control
- Insight
- Self-efficacy
- Altruism
- Connection to others
- Utilization of relationships
- Well balanced lifestyle
Developing Resilience

A. Identify thoughts that prevent resilience
B. Identify thoughts that encourage resilience
C. Use effecting stress coping strategies
D. Practice persistence
E. Explore self-explanatory style
F. Acceptance
G. Letting go
H. Social support.
I. Tolerating distress
A. Identify the thoughts that make it difficult to develop resilience

What beliefs make it difficult to develop tolerance and persistence

- “If I can’t do something perfectly, there is no point in doing it”

As you recognize these beliefs….

- Begin to look for a rationale for these thoughts… why is this belief true?
  - Is it true because it seemed it was true in the past?
B. Identify thoughts that encourage resilience

Begin to consider alternative/new beliefs and then experience those beliefs to explore the consequences in real life.

- Failure is a natural aspect of taking on challenge
- Experiencing distress is a normal condition
- Long term goals often require unpleasant experiences
- You may come to the realization you want things that are unpleasant but help you to achieve a long term goal
C. Use effecting stress coping strategies

**Problem focused coping**
- active coping
- planning
- positive reframing
- acceptance

Help students solve stressful situations inside their circle of influence, usually a more productive strategy

**Emotional focused coping**
- Denial
- Behavioral disengagement,
- Self-distraction
- Venting

Useful when feeling overwhelmed, or when help not available
D. Persistence Learned and Earned

Learn and practice habit formation, and distraction techniques.

Use these skills to resist the temptation to not change negative behaviors, and develop new positive habits.

**Exercise:** Consider a habit you want to change. Using your understanding of behavior change, create a set of strategies to modify your daily routine.
Homework Assignments for Session II

1. Answer questions in the assessment slides.

2. Change a habit paper: decide on a habit that you want to improve or change. Write 3 pages about the habit, your reasons for wanting to change, and the action plan you will use to create change. Focus on strengths you can leverage. If helpful, consider what you’ve written in your mission statement. Will your long term goals be more achievable by changing this habit?