

# Resiliency

How do you react to unexpected difficulties? Resiliency is **the ability to succeed in school despite adverse conditions**. Your level of resiliency can affect your performance in school as well as life outcomes. Resiliency skills can be acquired; all it takes is the willingness to learn.

## SIX SKILLS FOR EDUCATIONAL RESILIENCY

### Building Confidence



Positive thinking will lead to positive behaviors. You must believe in yourself!

Believing that you are capable of performing school-related tasks will increase academic confidence. As a result, you are more likely to try difficult materials and continue trying until you get it right.

### Making Connections



Try not to figure things out on your own – it can lead to mistakes! It is

necessary to make connections with at least one of the resources available on campus. You are more likely to succeed when you have a support system. Remember, resources on campus are created specifically to assist you.

### Setting Goals



Is there ever a time in your life when you wanted something so badly and would

not let anyone or anything stop you from getting it? Setting academic goals should be the same. The ability to create a plan for achieving one's goals and understand the importance of education will establish the foundations for life's success.

### Managing Stress



Stressed out? Too much to do and not enough time? Find out the roots of

the problems and come up with possible solutions. For example, if you are stressed out because of the lack of time to complete your assignments, the possible solution may be that you need additional assistance in your time-management skills.

### Increasing Well-being



Do not let your personal issues affect your academic abilities.

Well-being includes health, financial, relationships, and much more! Keep in mind the importance of establishing a balance between relationship, school and health. You can sense when something is off balance. Seek help immediately. Do not wait until it is too late!

### Understanding Motivation



Ask yourself, why are you here? The decision made today will

influence tomorrow's outcome. Make things meaningful and enjoyable when performing a task to help motivate yourself in doing the work.

Adapted from McLemore, C. (2008). *Resiliency and Academic Performance, Success Highways, 1-8*