Using Innovative Strategies to Promote Resilience on Campus

Beth Morrison - Southern Illinois University
Andrea Mills - Lipscomb University
OBJECTIVES

1. Participants will identify and compare strategies to build resilience among college students.
2. Participants will be able to list both common and essential characteristics of resilience.
3. Participants will learn how Kintsugi can help build resilience in at risk populations.
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How Resilient Are You?

Resilience Quiz
Abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ)
<table>
<thead>
<tr>
<th>Score Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-37</td>
<td>A developing level of resilience. Your score indicates you would benefit from developing aspects of your behavior.</td>
</tr>
<tr>
<td>38-43</td>
<td>An established level of resilience. Your score indicates that you may occasionally have tough days when you can’t quite make things go your way, but you rarely give up.</td>
</tr>
<tr>
<td>44-48</td>
<td>A strong level of resilience. You are pretty good at rolling with the punches and have an impressive track record of turning setbacks into opportunities.</td>
</tr>
<tr>
<td>49-60</td>
<td>An exceptional level of resilience. Your score indicates that you are very resilient most of the time and rarely fail to bounce back- whatever life throws at you.</td>
</tr>
</tbody>
</table>
Factors that place college students at high risk

(Dweck, 2005; Shreiner, Luis, Nelson, 2012).
Fixed Mindset vs. Growth Mindset

Based on the work of Dr. Carol Dweck

I believe that my [Intelligence, Personality, Character] is inherent and static. Locked-down or fixed. My potential is determined at birth. It doesn’t change.

Fixed Mindset

Avoid failure
Desire to Look smart
Avoids challenges
Stick to what they know
Feedback and criticism is personal
They don’t change or improve

Growth Mindset

I believe that my [Intelligence, Personality, Character] can be continuously developed. My true potential is unknown and unknowable.

Desire continuous learning
Confront uncertainties.
Embracing uncertainties.
Not afraid to fail
Put lots of effort to learn
Feedback is about current capabilities
Resilience at SIUC:

The Art of Broken Pieces
Total Enrollment: 17,292
Female: 46.72%
Male: 53.28%
Ethnic Minority Enrollment: 28.96%
300mi. south of Chicago

Southern Illinois University Carbondale
Salukis on Your Side Campus Suicide Prevention Program
Resilience Workshop

PowerPoint Component

- Common Characteristics of resilience
- 5 Essential Characteristics
- Emotional Resilience
- Resilience Attitude

Kintsugi Component

- Targeting at risk populations:
  - International Students
  - LGBTQ Students
  - Student Veterans
Kintsugi

The Japanese art of repairing broken pottery with lacquer dusted or mixed with powdered gold, silver, or platinum—a method similar to the mokume-gane technique. As a philosophy, it treats breakage and repair as part of the history of an object, rather than something to disguise.

Martín Hernández
“What is right with you is more powerful than anything wrong with you.”
Email: beth.morrison@siu.edu