UW Resilience Lab

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Reactions fall into two camps:

**Viewed as a reflection of one’s ability**
- Leads to:
  - Do I belong in this major?
  - Can I still be a _____?
  - Do I belong here at all?

**Viewed as feedback**
- Leads to:
  - How am I studying?
  - Do I get the concepts?
  - Where can I find help?
  - Should I form a study group?
  - What can I do differently to prepare for the next test?
Why Resilience?

- Students “see the cliff and run right off it” rather than pausing to ask for help - Student Life Staff
- Issues of competitive majors
  - Protect your GPA at all costs
  - Do not take risks, path of least resistance
- When there are issues in dorms, students lack the skill to work out problems between each other - staff interventions are increasing
- Notion of being “failure deprived”
- “Students would rather be seen as lazy than stupid”
Origins of UW Resilience Lab

Undergraduate Academic Affairs (UAA)
Stanford Visit

- Spring 2015
- Research on resilience
- How faculty/staff can infuse resilience in their work
- How to work with students to develop their own resilience behaviors
• **Goal:** to change the philosophy of the institution toward academic risk taking, exploration and learning from setbacks, while honoring and acknowledging where we all come from

• Four major objectives:
  • Build resilience into pre-existing programming
  • Develop training for students, staff and faculty
  • Establish a suite of new programming delivered throughout the year on an annual basis
  • Resilience Lab brings cross campus group together
Collaborators

- Athletics
- Business School
- Career Center
- College of Engineering
- Counseling Center
- First Year Programs
- Graduate Programs
- Housing & Food Services
- International & English Language Programs
- Office of Minority Affairs & Diversity
- Veterans Advising
Reflections on Rejection Panels

UW Resilience Lab

FAIL FORWARD

THE COACHES PANEL
With Dean Ed Taylor

Tuesday, Oct 27
130 Kane Hall
FREE to UW community
Doors open & snacks at 6 p.m.
Panel discussion 6:30–8 p.m.

TARR ROMAR GALLIMORE

Reflections on Rejection
Hear about the greatest victories and toughest defeats of outstanding UW coaches as they share their stories of resilience and redemption.

MORE INFO:
SEARCH “ASP UW”

UNDERGRADUATE ACADEMIC AFFAIRS
UNIVERSITY OF WASHINGTON
HLI Firesides

- Example of incorporation into existing programming
- Students chat with community and civic leaders in informal setting
- Hear perspectives on leadership
- Quarterly theme on resilience
New Student Orientation

- 2 days with students and parents
- Fixed mindset vs. growth mindset  
  - Work of Carol Dweck
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

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

Growth Mindset

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

- Neuroplasticity: resilience can be taught!
- Taught by PhD student from College of Education
- “Introduction to Resilience in College”
- APT framework: Adapt/Persevere/Thrive
- Why student athlete population?
Resilience Class: REFRESHER

R - Relationships
E - Exercise
F - Fun (Recreation & enjoyable activities)
R - Relaxation & stress management
E - Eat well (Nutrition & diet)
S - Sufficient sleep
H - Helping others
E - Earth (Time in nature)
R - Reason (Sense of purpose, religion & spirituality)
Vulnerability Collective

- 100 anonymous, true stories from UW community members
- Funny, honest, or inspiring challenges
- Personal/family challenges, tough adventures abroad, lessons learned, etc.
- Inspired by student attending faculty Fail Forward panel
Failure Wall
Thank You!