



How to Foster Resilience in College Students

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DEFINING RESILIENCE

- ❖ “Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress— such as family and relationship problems, serious health problems or workplace and financial stressors. It means ‘bouncing back’ from difficult experiences” (American Psychological Association, 2019).

Contributing Factors to Resilience

- ▶ A healthy human brain in good working order
- ▶ Close relationships with competent, caring adults
- ▶ Committed families
- ▶ Effective schools & community
- ▶ Opportunity to succeed
- ▶ Belief in self nurtured by positive interaction with the world (Masten, 2014)

SAVES Model (Eells, n.d.)

- ▶ S- Social Connection
- ▶ A- Attitude
- ▶ V- Values
- ▶ E- Emotions
- ▶ S- Silliness

