



# RESILIENCE

Resilience theory explores the process of navigating challenges and thriving. It takes a strengths-based approach, emphasizing the inner resources and external supports that help individuals bounce back from adversity.

1

## EXPOSURE TO RISK

Seek out various challenges that can provide an opportunity for growth especially when it provides risk.



2

## ENGAGEMENT OF FACTORS

Protective and promotive factors come into play, influencing response to risks. Strong coping skills can help manage stress, while supportive relationships can provide emotional comfort.



3

## ADAPTATION AND GROWTH

By effectively navigating challenges, individuals learn, grow, and build stronger resilience for future adversity.



## KEY ELEMENTS OF RESILIENCE

- **DYNAMIC PROCESS:** Ongoing adaptation to challenges. A muscle strengthened through experience.
- **PROTECTIVE FACTORS:** Buffers against negativity. Adequate sleep, physical activity, proper nutrition, social activities, bonding with friends and family etc.
- **EMPOWERMENT:** Controlling what you can do and your motivation.

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# APPLYING RESILIENCE AS A COLLEGE STUDENT

Perceiving a setback as a learning opportunity.

Example: Receiving an unexpectedly low grade in an exam.

You can either totally give up or...

Use this life situation as a learning opportunity by self- introspection.

- What could I do better next time?
- I will schedule an office meeting with my instructor to learn more about concepts I am not confident about.
- What are my available resources and how can I make use of them?

Resilience can also be used in scenarios outside of academics too.

Example: Poor decisions on money management.

You can either keep making the same mistakes or...

- look at your bank statement and analyze where you are losing money
- learn about budgeting from credible resources.