



THRIVE

Wellbeing and study success

Presented by:

Atticus D. Gray – School of Psychology

Session 5: Enhance your Resilience

What is this program all about?



No Recordings

Today's session will **NOT** be recorded for your privacy.



► Resilience

What does it mean?

► Resilience

The capacity to recover quickly
from difficulties

► Resilience

What can impact resilience?

Is resilience static?

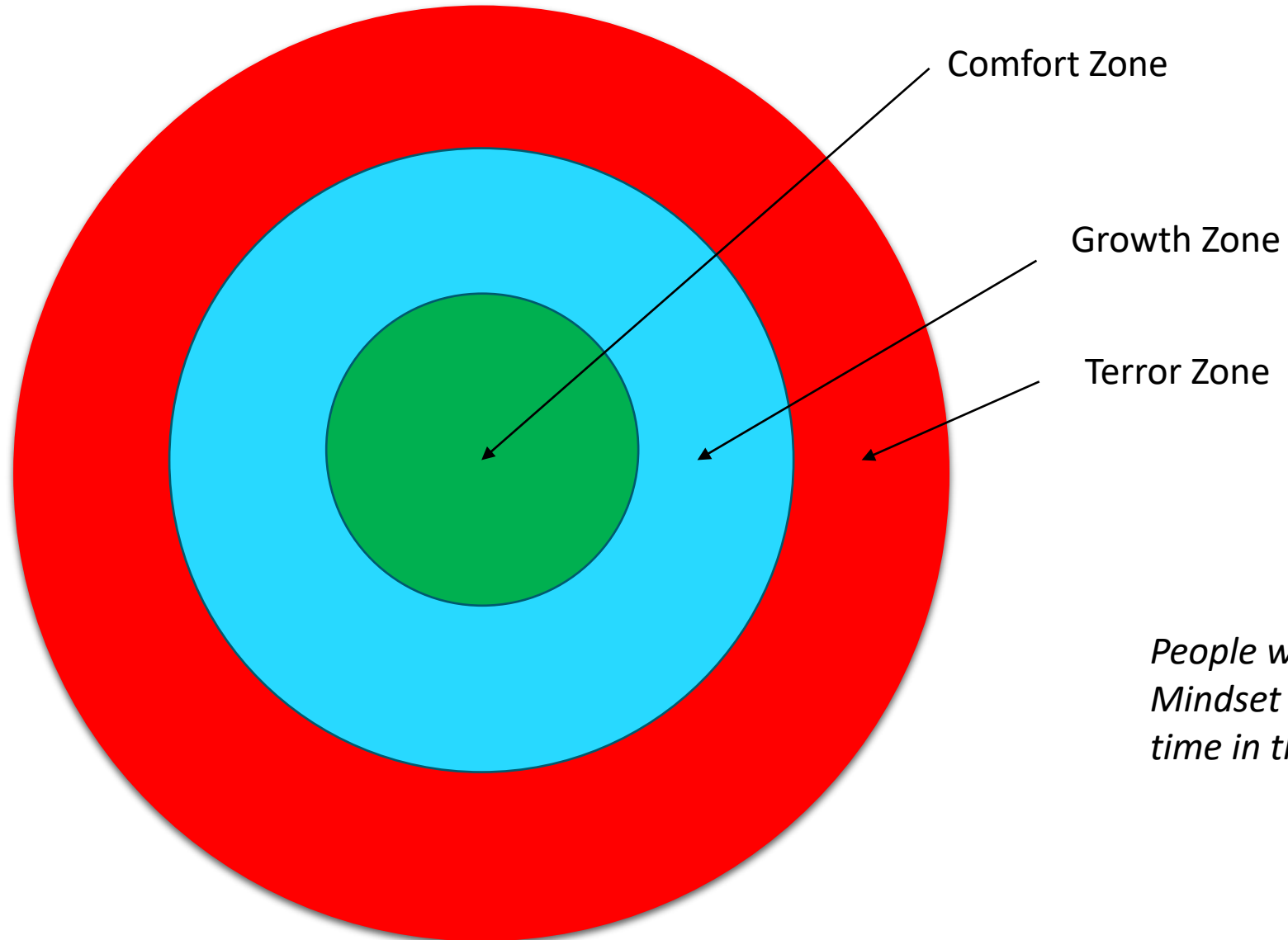
Can resilience be developed?

▶ Growth Mindset

A tool to increase resilience in the face of adversity

Major features:

- Seek challenge
- See fail as acceptable
- Ability and identity are separate



People with a Growth Mindset spend more time in the Growth Zone

▶ Seeking Challenge

How does this increase resilience?

FAILURE



► Failure

How does accepting failure build resilience?

Failure



► Failure

Fear of failure creates a **Fixed Mindset** which is the opposite of a Growth Mindset

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

Fixed Mindset	Growth Mindset
I can't do this	I can't do this yet. But I can learn.
I am not smart enough	This is just going to take work
If I fail, it is all over	Failing is an acceptable step on the path of learning
I am afraid that I can't	I will not allow fear to stop me

► Failure

How will you overcome your fear of failure?

▶ Ability vs Identity

How does keeping your ability and identity separate increase resilience?

Ability vs Identity

Identity

- Social
- Role
- Ability



Threat

- Rejected
- Denied
- Failure



Protective
Response

▶ Ability vs Identity

If identity is threatened, the typical response is to avoid the threat.

i.e. Avoid things we are not immediately good at.

What will you take
away from today?

The goal is *Progress*
not *Perfection*

