

# Building Resiliency and Overcoming Failure

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# Reflection



Who motivated you to go to graduate school?



What do you want to do with your degree?



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# Resilience



What is it?



the capacity to recover quickly from difficulties.....



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# Resilience



How is it created (in theory)?



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# Raheem's Story

Why I do what I do



What's  
Next





# Ann's Story

Why I do what I do

# How to Get There: Identify Your Assets

Skills

Capacities

Strengths

Unique talents

Academic

Technical

Linguistic

Artistic

Social



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# Resilience



Can we be intentional  
about creating it?



Absolutely....stay tuned



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# How to Get to There: Plan



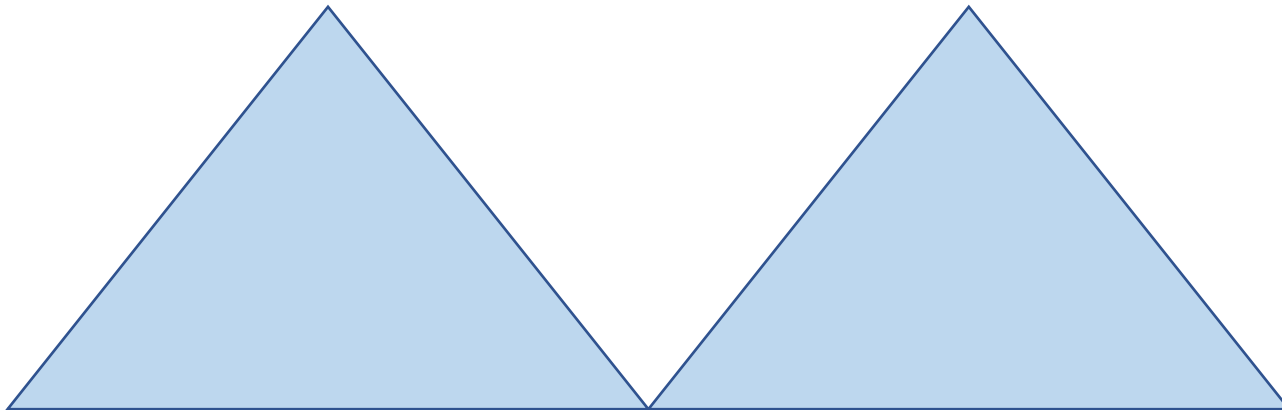
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# Life's Peaks and Valleys

Think about two mountaintop experiences: What assets helped produce the high points and which assets were revealed by the mountaintops?

Think about a deep valley in your life: How did you get through that deep valley? What assets got you through?



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Assets: Resilience  
and Perseverance

Failure translates to learning.



Example: rejection of a paper

Breathe

Reflect

Seek other  
opinions

Grow

# Resilience



“Priming the pump” for resilience



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Questions?