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?
Resilience

What is it?

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

How is it created (in theory)?
Raheem’s Story
Why I do what I do
Ann’s Story
Why I do what I do
# How to Get There: Identify Your Assets

<table>
<thead>
<tr>
<th>Skills</th>
<th>Academic</th>
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<tr>
<td>Capacities</td>
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<td>Strengths</td>
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<td>Unique talents</td>
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<td>Social</td>
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Resilience

Can we be intentional about creating it?

Absolutely....stay tuned
How to Get to There: Plan

1. Identify
   - Identify the attributes of someone who is successful in your dream job.

2. Map
   - Map your assets to the attributes.

3. Determine
   - Determine what you are missing.

4. Get
   - Outline experiences and efforts needed to get there.
     - Who can guide/coach/sponsor you?
     - What resources are available?

5. Take
   - Take risks and accept opportunities
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?
Assets: Resilience and Perseverance

Example: rejection of a paper

Failure translates to learning.

Breathe  Reflect  Seek other opinions  Grow
Resilience

“Priming the pump” for resilience
Questions?