Building Resiliency and Overcoming Failure

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Reflection

What motivated you to go to graduate school?

What do you want to do with your degree?
Our Stories
Why we do what we do
What is it?  the capacity to recover quickly from difficulties......
**How to Get There:**

**Identify Your Assets**

<table>
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<tr>
<th>Skills</th>
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<tr>
<td>Capacities</td>
<td>Technical</td>
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<td>Strengths</td>
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<td>Unique talents</td>
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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?
In developing the filament for the electric bulb Thomas Edison tested over 6,000 materials to find one with the requisite properties.

As you can imagine this took a long time.
Contextualizing Failure

• Assistant: “All our work is in vain. We have learned nothing.”

• Edison: “We have come a long way and we have learned a lot. We now know there are two thousand elements which we cannot use to make a good light bulb.”
Assets: Resilience and Perseverance

Failure translates to learning.

Example: rejection of a paper

Breathe  Reflect  Seek other opinions  Grow
Somewhere on the Jersey Turnpike

• “Our greatest weakness lies in giving up. The most certain way to succeed is to just try one more time.” Thomas A. Edison
An important element of resilience is flexibility. The ability to imagine different approaches or different ways in which you could be successful.

“When one door closes another opens, but we often look so long and regretfully upon the closed door that we do not see the one which has opened for us.” (Alexander Graham Bell, Helen Keller, Cervantes and others)
How to Build Resilience

- **PERSPECTIVES**: Have a balanced and rational attitude toward challenges
- **WORK-LIFE BALANCE**: Manage boundaries between work and personal life
- **PRIORITIES**: Develop a clear sense of purpose and core values to guide decision making
- **NETWORKS**: Build a network that can support your professional life and personal growth
- **SELF-REFLECTION**: Spend time reflecting on what works and what does not work to continue improve
Perseverance

Success is not final, failure is not fatal: It is the courage to continue that counts.

- Winston Churchill
How to Reach Your Aspirations: Informal Planning

Attributes
• Identify the attributes of someone who is successful in your dream job.

Mapping
• Map your assets to the attributes.

Gaps
• Determine what you are missing.

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

Risks
• Take risks and accept opportunities
Formal Planning: Individual Development Plan (IDP)

- Identify: Career goals and knowledge, skills, and abilities
- Assess: Current competency in KSAs
- Plan: Individual Development Plan
- Act: Learning activities and behavior changes
- Check: Feedback on progress and evaluate your success in meeting milestones.

PURPOSE
Helps you reach short- and long-term career goals with intentional learning aligned with specific competencies
Questions?