

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?



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Our Stories

Why we do what we do

Resilience



What is it?



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

How to Get There: Identify Your Assets

Skills

Capacities

Strengths

Unique talents

Academic

Technical

Linguistic

Artistic

Social



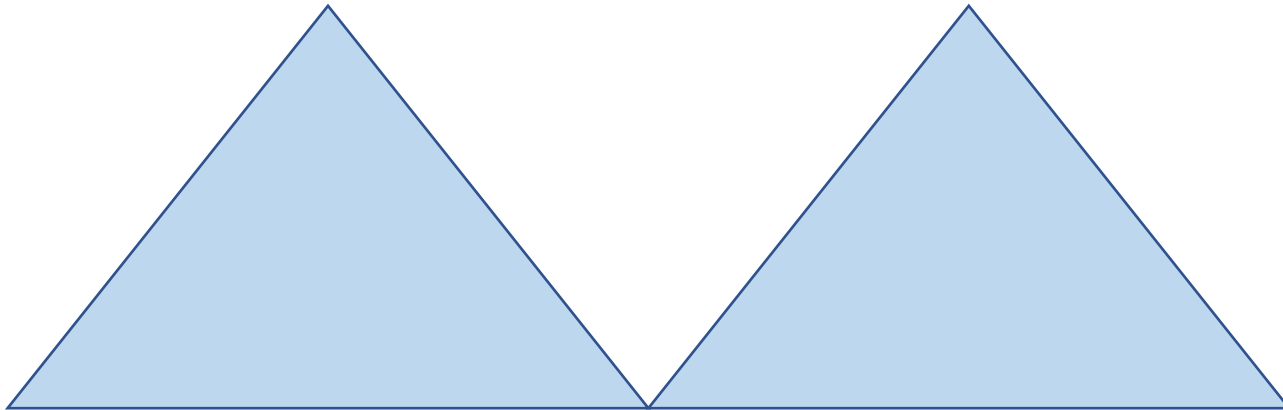
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Life's Peaks and Valleys

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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Contextualizing Failure

- 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



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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.”



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Assets:
Resilience and
Perseverance

Failure translates to learning.



Example: rejection of a paper

Breathe

Reflect

Seek other
opinions

Grow



Somewhere on the
Jersey Turnpike

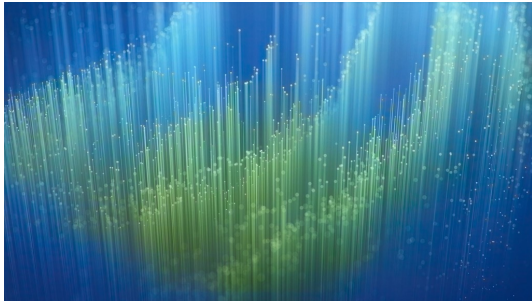
- "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." Thomas A. Edison

Flexibility



- 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



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Perseverance

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

- Winston Churchill



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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



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Formal Planning : Individual Development t 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?