

Resilient Faculty can foster Resilience in Students

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The goals of the session are: 1. To introduce participants to a multi-level model of resilience, 2. To allow faculty to share resilience building strategies with each other, and 3. To allow faculty to reflect on the ideas presented and begin drafting a resilience implementation plan.

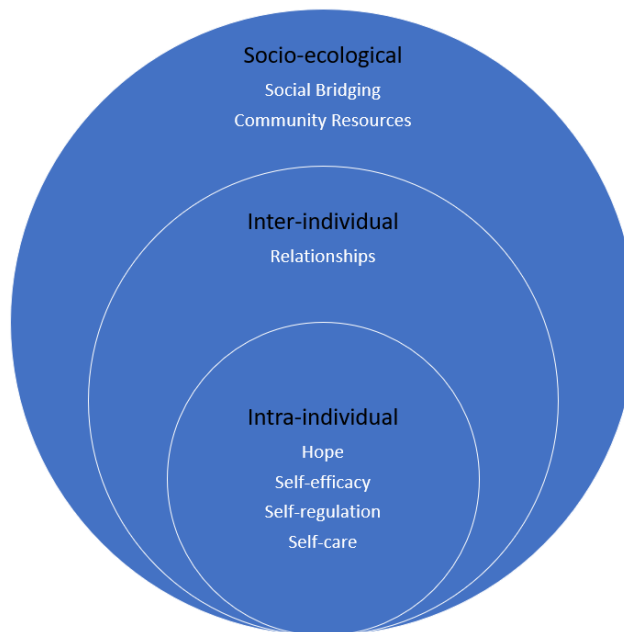
Defining resilience:

"In the context of exposure to significant adversity... resilience is both the capacity of individuals to navigate their way to health-sustaining resources, including opportunities to experience feelings of well-being, AND a condition of the individual's family, community and culture to provide these health resources and experiences in culturally meaningful ways." (Ungar, 2008)

Resilience is the interaction of an individual's capacity to reach for help AND the availability of accessible and meaningful help in environment. Thus, we need to think about resilience at multiple levels:

Faculty

Student



Discussion topics:

- Identifying opportunities for faculty to increase their professional resilience.
- Identifying opportunities for faculty to facilitate and support student resilience.
- Identifying opportunities for GVSU to support faculty and student resilience.

Resilience planning:

	Immediate	Fall 2022	In next two years
Professional Resilience			
Student Resilience			

