



# Cultivating a resilient campus together

2021 OTL Mini Virtual

Open for In a

Jessica Danielson, PhD, LPCC-  
S, NCC

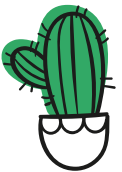
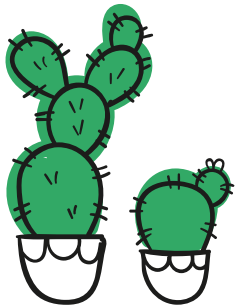


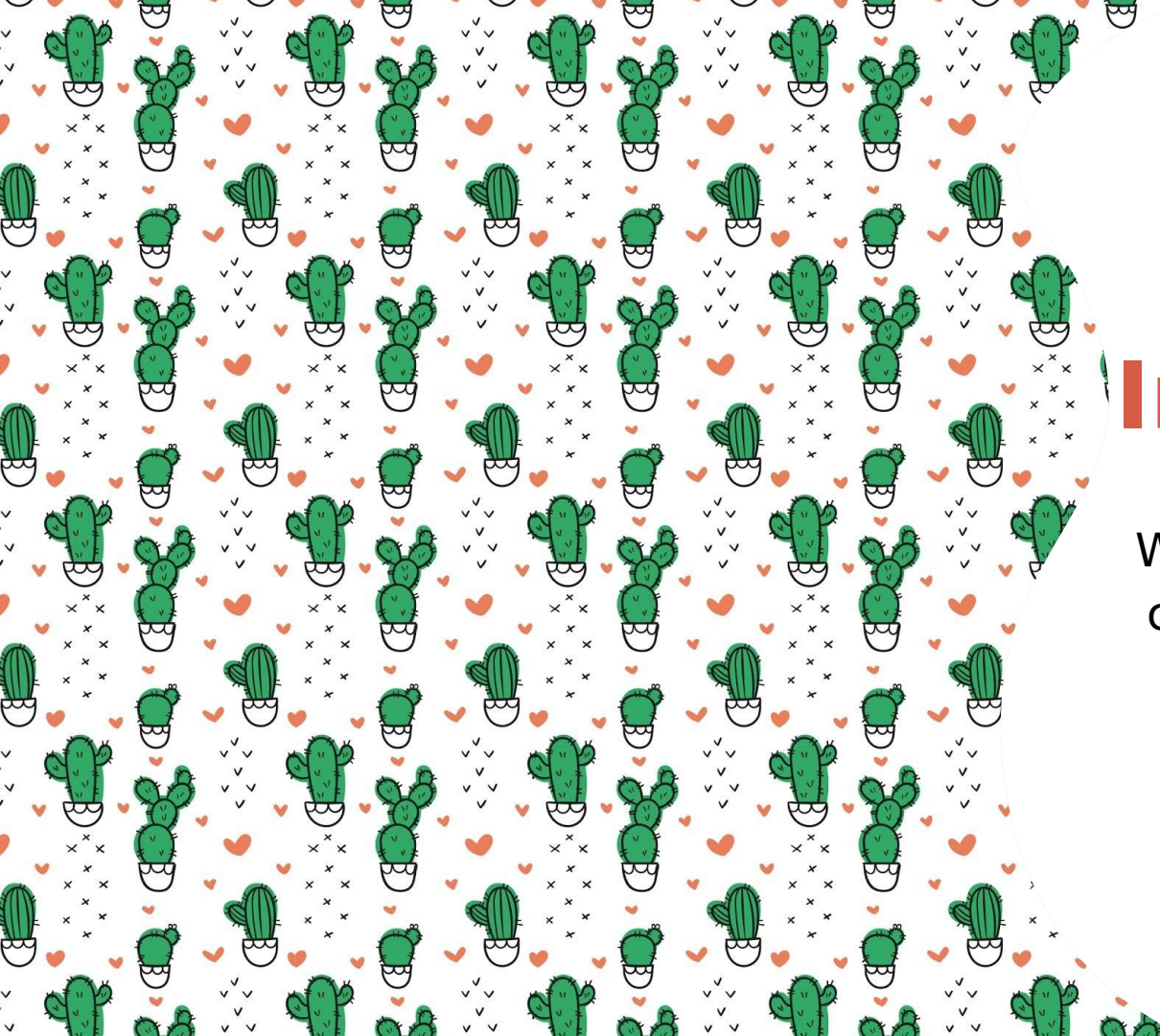
# Objectives

-Attendees will be able to define resiliency and identify key characteristics of resiliency

-Attendees will explore practices to cultivate resiliency on campus, including classrooms, meetings, etc.

-Attendees will brainstorm ways to implement resiliency practices in their work with colleagues and students





# Introduction

What is the first word that comes to mind when you think of resilience?



# Resiliency is...

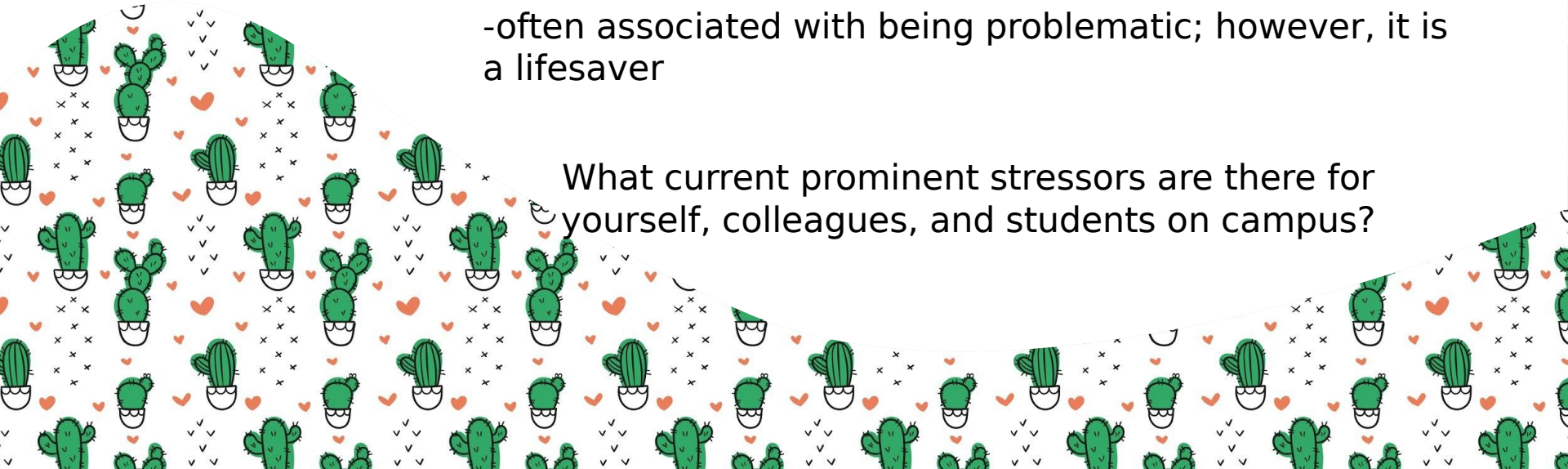
- something we are all born with naturally
- something we can all cultivate more of
- the ability to recover from setbacks
- a mindset
- uneven

**Think of buoyancy**



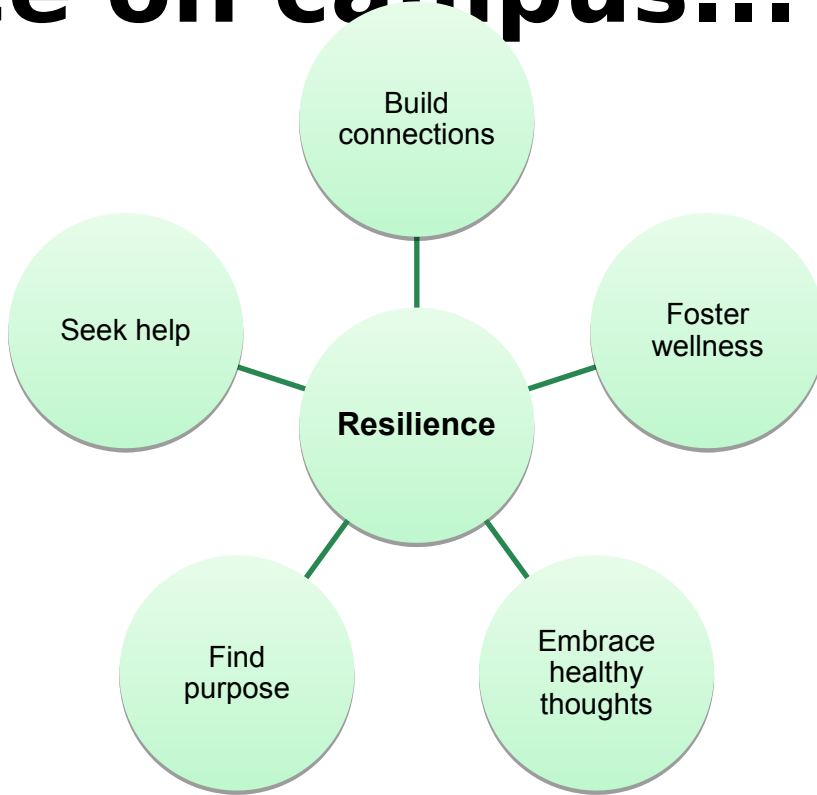
# Stress is...

- a typical experience in daily life
- short-term and situational
- can include side effects such as irritability, muscle tension, headaches, upset stomach, sweaty palms, rapid heartbeat, dizziness, changes in sleep, appetite, or concentration
- often associated with being problematic; however, it is a lifesaver



What current prominent stressors are there for yourself, colleagues, and students on campus?

# Ways to cultivate resilience on campus...



# Resources

- Students can go to NDSU Counseling Center
  - Call: 701.231.7671
- Staff/Faculty can use the Village EAP
  - Call 1.800.627.8220
  - Visit [this link](#)
- Brief Readings
  - [How To Build Resilience](#)
  - [7 Ways Universities Can Foster Student Resilience](#)
  - [How Stressed-out Students Can Build Resiliency](#)
  - [Building Resiliency in the COVID-19 Era](#)

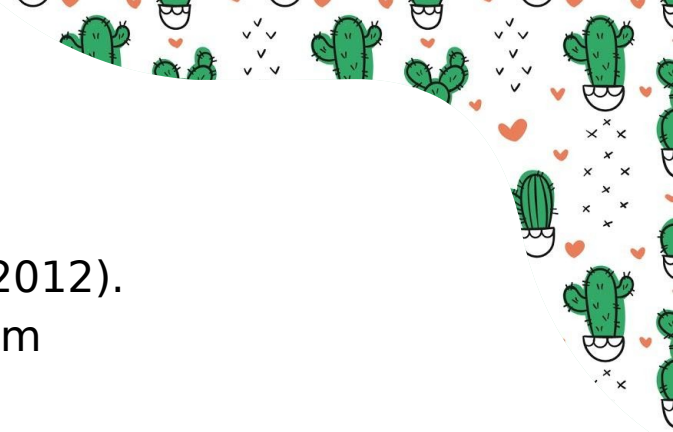
# References

American Psychological Association (2012). *Building your resilience*. Retrieved from <https://www.apa.org/topics/resilience>

Ginsburg, K. R. & Jablow, M. M. (2011). *Building resilience in children and teens: Giving kids roots and wings* (2<sup>nd</sup> Ed.) Elk Grove Village, IL: American Academy of Pediatrics

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# Thanks



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Questions?

Contact information:  
Jessica.Danielson.1@ndsu.edu

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