

Academic Resilience



AAC



THINK ABOUT A TIME YOU FAILED

Lets Discuss

What let up to this event?
What feedback was given to you?
What have you done since?



**ANYONE WILLING TO
SHARE?**

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DISCUSSION

How many things are on your list?

What is on your list?

What are the most expensive and least expensive items?

REFLECT AND ANALYZE

If you could go back and do it again,
come up with...

10 things you wish you did
10 things you wish you *didn't* do

REFLECT AND ANALYZE

Pair up with someone and share lists!

How did this activity make you feel?

NOW...

Change your mindset!

Come up with 5 creative reasons
you got this feedback

AKA positive reframing

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THINGS WILL FLUCTUATE

Sometimes waves are more calm
and at other times these are more
rough



**Life is about
progress, not
perfection**

HAIC



ANY QUESTIONS?

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THANK YOU FOR HAVING US



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