Helping Students Develop Bounce!: Cultivating Resiliency

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Resilience is defined as the ability to overcome adversity. Unfortunately, many of our students are coming to college lacking resiliency, and as a result panicking at minor missteps. How can we cultivate and encourage resilient students? Join us for an interactive discussion as we apply Brene Brown’s five common factors of resilient people within the context of developmental advising. This discussion will provide practical and creative approaches that can be applied to your everyday work with students.