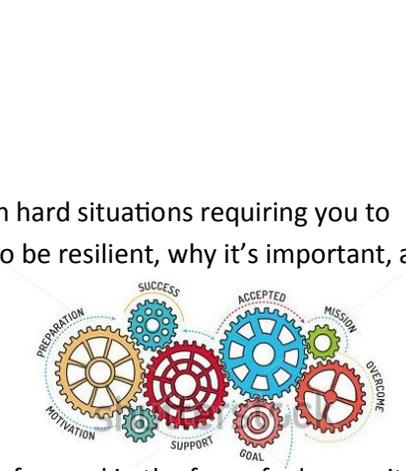


# Resiliency

Many times during the college experience you must deal with hard situations requiring you to persevere. This worksheet intends to discuss what it means to be resilient, why it's important, and tools to develop resiliency.



## What is resiliency?

Resiliency is the ability to bounce back, recover, and progress forward in the face of adverse situations.

- Think of someone resilient in your life. Now, take a minute to write a few sentences about them and why they embody resiliency to you.

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It's important to remember a few things that resilient people are NOT.

- Resilient people are not always happy. Dealing with situations isn't always going to be easy and may sometimes be stressful and hard.
- Resiliency does not look the same for everyone. You may handle something differently than your resilient role model, but that does not make you any less resilient than them.
- Resiliency is not something you're born with, in order to be resilient one must work on that skill throughout life in different adverse situations.

## Why is resiliency important?

Life can be really challenging, and it is important to be able to continue to progress forward even when things are hard.

- Take a moment to reflect and write about a challenging time in your life. How did you overcome the challenge? What did you learn about yourself through the process?

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