

ARCconnections

A newsletter of the Academic Resilience Consortium

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Winter/Spring 2023

In this issue:

Message from
the Chair

Program
Spotlights:
Compendium
Submissions

Webinar
Information

Conference
Recordings

TO DO:

Join ARC

It's Women's
History Month!

The field of
resilience
(including our
very own ARC
membership) is
full of amazing
women and
non-binary folks
who we

In Case you Missed It- Message from the Chair:

On behalf of the 2023-24 Academic Resilience Consortium (ARC) Steering Committee, I bring you greetings and a belated "Happy New Year!" As we reflect on the past full post-pandemic academic year, most of us have had to adapt to new challenges and realities facing students, faculty, and staff. And guess what? We remain resilient! These challenges have forced us to think strategically and intentionally about the importance of resiliency and how best to dedicate resources and programming that integrate resiliency into the work we do inside and outside the classroom. Thus, ARC's relevance and commitment to understanding and promoting student resilience is of even greater importance as we strive to engage with and learn from diverse voices who teach, research and practice in this space in innovative and impactful ways. Thank you for the hard work you do each and every day to make a difference in the lives of our students so that they can make a difference in the lives of their families, their communities and the world!

Kudos to:

- The 2021-2022 Steering Committee and organizers for an outstanding 2022 ARC Conference, "A More Resilient Future," hosted at Florida State University. What an experience from any LENS-Learning, Education, Networking, and Self-care!
- Our immediate past Steering Committee Chair, Karen Oehme, who was interviewed by [Inside Higher Ed](#) about Florida State University's professional certification course on trauma-informed polices and resistance. Thanks Karen, for highlighting ARC!
- Karen Oehme and Merina Cameron, for their technical assistance and moral support in helping to transition the 2023-24 Steering Committee. You are AMAZING!!!
- The 2023-24 members of the **ARC Steering Committee**, who are stepping up to make a difference! Our goals include increasing the number of individual and institutional memberships, enhancing the visibility of ARC to diverse audiences, and providing educational and leadership opportunities for members. Stay tuned...more to come.
- YOU-for being here, for being engaged, for new ideas, for feedback, and for support! Keep us informed about what you and/or your organization is doing.

celebrate this month and every month.

Check out **The Resilient Woman** blog for insight into resilience tips.

"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience."

— Jaeda Dewalt

Have a productive year, take time for you, and I look forward to seeing you soon!

Kathy

Doria K. Stitts, Ph.D., ARC Chair
Chair@AcademicResilience.org
336-750-2345

Compendium Submissions Preview

A big thank you to all who submitted resilience programs last year for our ARC Compendium! We are excited to share these and continue to build the compendium on our ARC website in spring.

- Lynn University's Resilience Toolkit
- The Student Experience- Who Does What for RMU (Rocky Mountain University) Students
- Gators Bounce Back- University of Florida
- College Life Coaching- Florida State University
- The Student Resilience Project- Florida State University
- The Resilience Enhancement Project- Royal Holloway, University of London
- The University of Toronto's Resilience Programming
- The Gratitude Challenge from the University Honors Program- Idaho State University
- Trauma Informed Workplace Initiative- East Tennessee State University

Compendium Submission: Lynn University's Resilience Toolkit

About:

The Resilience Toolkit is a multi-phase intervention that benefits the entire Lynn University community with specific interventions targeting students as part of their first- and second-year academic and co-curricular activities. Trained faculty and experts in wellness and resilience deliver all interventions. Various offices on campus have collaborated to adapt literature-based, original materials suited to and specifically targeting Lynn students. In addition, faculty, staff, and the community at large participate in resilience-related activities such as coffee hours and retreats.

Learn more:

Contact:
Patrick Cooper, pcooper@lynn.edu

Compendium Submission: The Student Experience

Rocky Mountain University of Health Professions

About:

Across higher education, one of the main challenges to student success and retention is that too often, students are bounced between departments when seeking answers to their questions. This not only makes it take longer for them to get the help they need, but it also creates a system where, from time to time, students slip through the cracks. In an effort to prevent this from happening at RMU, Student Affairs is excited to announce a new resource, now available for all faculty and staff!

This game-changing resource is called The Student Experience and can be found in Okta. The Student Experience is an employee-facing “who does what” guide to help employees serve students better and make jobs easier at the same time. This tool will help increase institutional knowledge of the services available to students, as well as clarify who owns those services. Now, when a student approaches any employee at RMU—from a faculty member to a receptionist to a librarian—with any service question, the employee will be able to get the student to the correct individual in one shot.

Contact:
Dailie Todd, dailie.todd@rm.edu

Compendium Submission: Gators Bounce Back

University of Florida

About:

Gators Bounce Back is an event aimed at helping students bounce back from setbacks and celebrate failures. The first event was held during Fall 2022 on a Thursday from 10am-2pm during midterms outside the University of Florida's student union. At the event, there were 9 different activities for students to complete that helped them reflect on bouncing back and learn how to bounce back more effectively. The first 500 students who participated in at least 5 of the 9 activities got an event t-shirt. They also provided stickers, food, inflatables, and a mechanical gator. There were many activities, including resilience in focus photo booth, bounce-back beach balls listing bounce-back strategies, a resilience storyboard where students posted notes about when they were resilient, and

resilience button and journal making.

Learn more:

Gatorwell University of Florida

Contact:

Jennifer Kennymore Royer, jkennymore@ufl.edu

Compendium Submission: **College Life Coaching** Florida State University

About:

The College Life Coaching program at FSU offers students the unique opportunity to maximize their personal and academic potential. The team of College Life Coaches offers personalized, one-on-one biweekly meetings designed to put FSU students in the best position to achieve their goals. By partnering with a coach, students can discover ways to strategize their pursuit of academic and personal success, gain meaning from their experiences, and add to the legacy of the campus community. As many students attend FSU with big hopes and aspirations, the College Life Coaching program exists to make these dreams a reality. In addition to biweekly meetings, College Life Coaches work closely with academic advisors and campus partners to create a network of success for students who participate in the program. Students who take advantage of this offering express higher levels of satisfaction with their overall college experience and achieve some of the highest GPAs on campus.

Learn more:

FSU College Life Coaching

Contact:

Anthony Kurza, akurza@fsu.edu

Compendium Submission: **The Student Resilience Project** Florida State University

About:

Strong.FSU.edu is the website for a robust, interactive Student Resilience Project that offers students the ability to grow their resilience, learn new skills, and face the challenges of college life.

The FSU Student Resilience Project is an online, evidence-informed, universal public-health-style prevention program designed to strengthen students'

emotional and academic coping skills.

Learn more:

FSU Student Resilience Project

Contact:

Karen Oehme, koehme@fsu.edu

Compendium Submission: **The Resilience Enhancement Project**

Royal Holloway, University of London

About:

The Resilience Enhancement Project is an interactive resilience intervention for students in higher education that focuses on cognitive, social, and psychophysiological resilience.

Learn More:

The Resilience Enhancement Project

Contact:

Dr. Ilham Sebah, ilham.sebah@rhul.ac.uk

Compendium Submission: **The University of Toronto Resilience Programming**

About:

The University of Toronto Resilience Programming has several academic resilience programs, including: Learning How to Learn, Learning Well in First Year, Learning Well in Second Year, and Learning Well for Grads. In addition, they work proactively with many undergraduate courses by embedding our academic resilience curriculum within course content.

Their programs are designed to support students' positive adaptation to expected and unexpected academic adversity. They focus their work on academic resilience, aiming to support all students, but especially those who experience the impact of risk factors that affect academic engagement and those who have experienced academic setbacks. Their work focuses on supporting students in communities to develop metacognitive learning strategies, academic self-efficacy, and academic resourcefulness. With a focus on learning, problem-solving, and self-regulation, they aim to support students' mental health

in the context of their academic experiences, especially through transitions.

Learn more:

Learning How to Learn Program
Learning Well in First Year Program
Learning Well in Second Year Program
Learning Well for Grads Program

Contact:

Rahul Bhat, rahul.bhat@utoronto.ca

Compendium Submission: **The Gratitude Challenge**

University Honors Program, Idaho State University

About:

To facilitate social connections and well-being among their Honors students, Idaho State University initiated the Gratitude Challenge. The "big, hairy, audacious" goal was to write 400 letters of gratitude to parents, faculty, first responders, and other community members during the month of September. They ended up blowing past their goal with over 500 letters written. But it was the community events and social connections that were fostered during the Challenge that yielded lasting benefits.

Learn more:

ISU Gratitude Program

Contact:

Alex Bolinger, boliale2@isu.edu

Compendium Submission: **Trauma Informed Workplace Initiative**

Ballad Health Strong BRAIN Institute, East Tennessee State University

About:

The Trauma-Informed Workplace Initiative is a TDOH-sponsored certification offered to employers across the state to become trauma-informed at different tiers of integration with an emphasis on increasing psychological safety and lowering turnover for employees and employers.

Contact:

Benjamin Schoenberg, schoenberg@etsu.edu



ZOOM MEETING
**REACH FOR RESILIENCE:
REVIEW & REFLECT**

- Meet with the ARC Steering Committee
- Learn about the benefits of Membership
- Help develop ideas about resilience

**Tuesday, March 28, 2023
12:00pm EDT**

**Upcoming
Webinar**

Join us for this
interactive
webinar on
Tuesday, 3/28.

**Register for
March
Webinar**



Conference Recordings
Available in ARC Resource Library

Reminder for ARC Members!

The recordings for each session of the 2022 ARC Conference: A More Resilient Future have been added to the members-only ARC Resource Library. Additionally, the Resource Library has presenter slides, activities, and handouts from the conference.

We invite you to log in to ARC's website and take advantage of these excellent resources.

Click Here for the Resource Library

Doria K. "Kathy" Stitts, Chair
Winston-Salem State University

Debra Ainbinder, Vice-Chair
Lynn University

Mindy Barna, Treasurer
College of Saint Mary

Kacie Thompson, Secretary
Northeastern State University

Melissa Dore, Education Chair
Nova Southeastern University

Christine Ritzkowski, Events Assistant
Boston University

Sam Conway, Communications Assistant
Northwestern University

ARC Contact Details



(336) 750-2345



Hello@AcademicResilience.org



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Academic Resilience Consortium | 1000 Broadway, Suite 480, 1000 Broadway, Suite 480,
Oakland, CA 94607

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