

# Pre session polls

What level of study are you?

- Access
- Level 1
- Level 2
- Level 3
- Postgraduate

What would you consider is your main area of study?

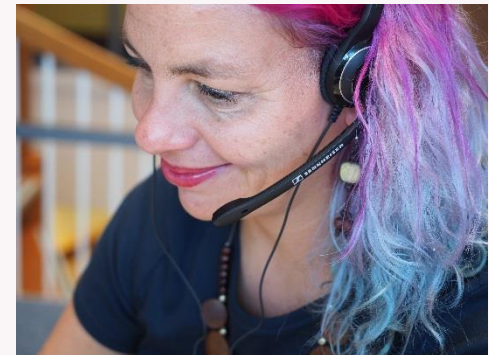
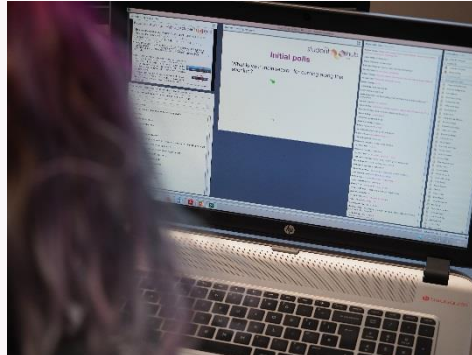
- Arts
- Languages (English & other)
- Social sciences
- Business and law
- Science
- Engineering or technology
- Maths
- Health sciences
- Education
- Sports
- OTHER

Have you been to any student hub live online events before?

- No (I'm brand new!)
- No (but have listened to one or more recording)
- No (didn't have time)
- No (wasn't aware of before now)
- Yes any 2020 so far
- Yes any 19J (Oct-Dec 19)
- Yes earlier 2019 (Jan-Aug 19)
- Yes previous year (any 2018 or before)

# What are student hub live online sessions?

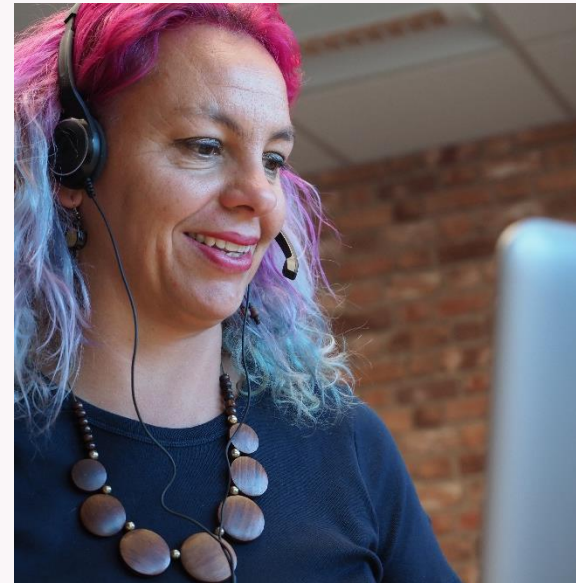
- All student hub live sessions are non modular and focus on skills relevant to study at university level
- Polls are anonymous to other participants but the chat box will have your logged in name associated with your comments
- All online sessions are recorded and available to view on catch up on a public facing website. *Small group discussions are not recorded.*
- Slides are available to download during the session from the file pod and from the main website



# student hub live is the OU's live online interactive platform to support academic community



Karen Foley is a lecturer at the OU, head of student hub live and chairs Y032. She also tutors in social sciences, psychology and science.



Isabella Henman is an essay writing aficionado and skills trainer. She tutors in science and health sciences at Access to level 2.

# Initial polls

What is your main reason for coming along today?  
*(If you are on a mobile device remember you need to tap into the polling option)*



*To come back to these slides after completing a poll click on the share pod slides icon*



# Simple tools and reflective ideas for boosting resilience

## This was our advert...

A big part of happiness and positive wellbeing is the ability to turn stumbling blocks into stepping stones and create meaning from seemingly unpleasant situations. In this seminar Positive Psychology expert Jeni Sanderson will share some science of human flourishing and a few reflective thinking tools that can help you take more opportunities from difficult situations and feel stronger, more productive and improve your wellbeing and resilience in the process.

# Workshop

- This is going to be a structured workshop to help you get thinking about resilience and what it means to you
- Jeni will share some practical tips and research based information
- She'll give some advice on good strategies to help
- You'll also get the chance to discuss things with others in the session and see suggestions from others

# Session purpose

- **Is for:**
- Provide a space to share ideas and connect with other students
- Look at some common themes and make suggestions
- **Is not for:**
- Telling you what you HAVE to do
- Providing any module, subject or person specific advice



## Poll time

- If you had to give someone new to studying your top tip to how to keep going and manage what would you say? Please use the short answer poll pod provided to say your suggestions.

# Our guest speaker



Jeni Sanderson is a  
psychology coach,  
trainer and speaker

“Success is not final, failure is not fatal: it is the courage to continue that counts”  
*Winston Churchill*

Today I’m going to discuss:

What is  
resilience?

Why is it so  
important for  
your wellbeing

An introduction  
to some tools to  
help

# Resilience Poll

What level of resilience of you feel you have?:

- Very High
- High
- Medium
- Low
- Very Low

# What is Resilience?

**Resilient people are those individuals who display “the capacity to remain well, recover, or even thrive in face of adversity”**

(Hardy, Concato & Gill, 2004, page 257).

# Why is resilience so important for your wellbeing?

- Greater resilience leads to improved learning and academic achievement.
- Resilience is related to lower absences from work or school due to sickness.
- It contributes to reduced risk-taking behaviours including excessive drinking, smoking, and use of drugs.
- Those with greater resilience tend to be more involved in the community and/or family activities.
- Higher resilience is related to a lower rate of mortality and increased physical health

# Why is resilience so important for your wellbeing?

- The experience of more positive emotions and better regulation of negative emotions
- Less depressive symptoms
- Greater resistance to stress
- Better coping with stress, through enhanced problem-solving, a positive orientation, and re-evaluation of stressors
- Successful aging and improved sense of well-being despite age-related challenges
- Better recovery after a spinal cord injury
- Better management of PTSD symptoms

# What does resilience mean to you?

In the Poll pod, tell us in one sentence,  
what resilience means to you...

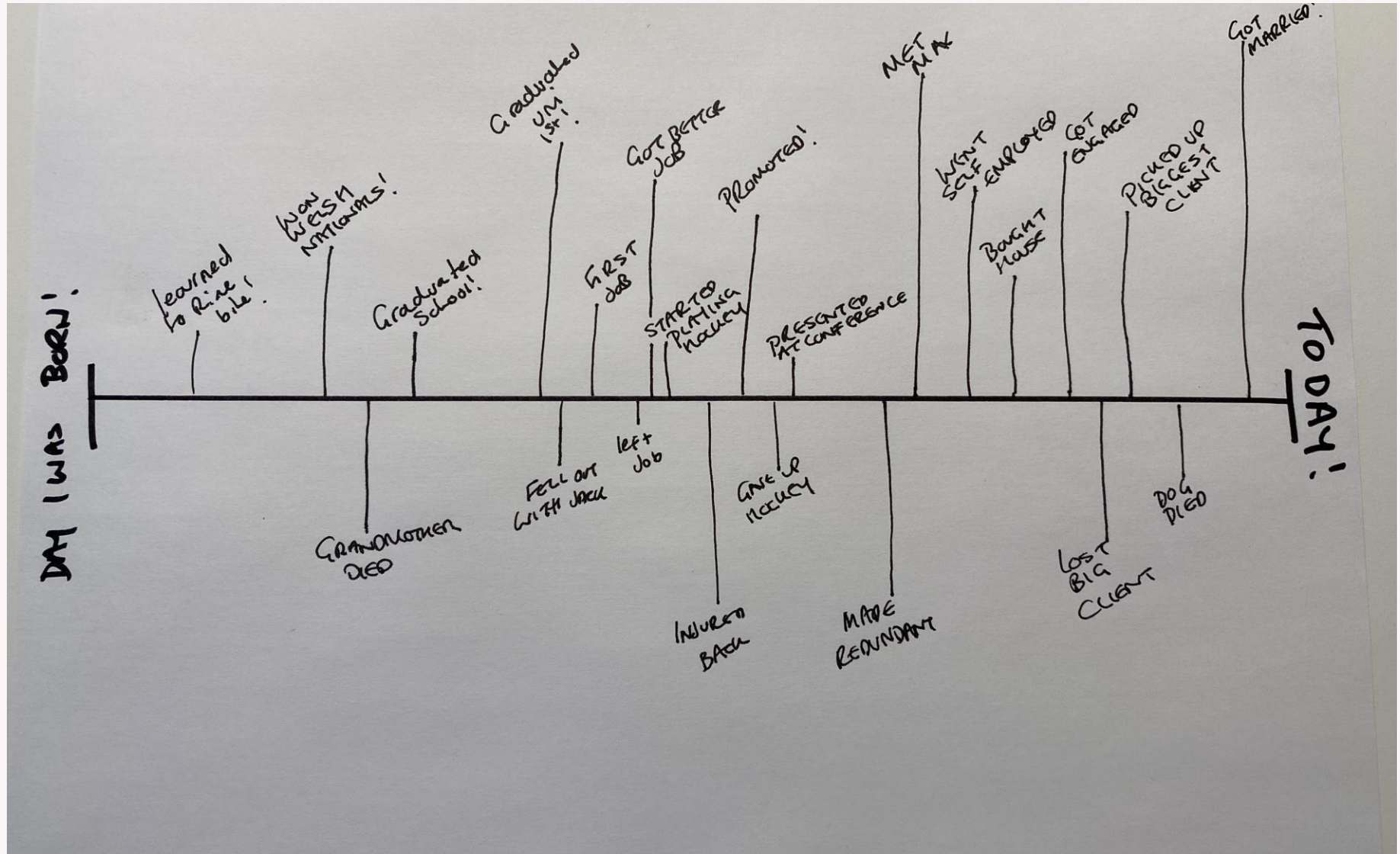


# How do I become more resilient?

Let's zoom out a little....

It gets easier with practice!

# Timeline of your life...



# Timeline of your life...

- Draw your timeline – the dates can be any period you like but always ending in today.
- Highs above the line, lows below
- Length of line relevant to how high and how low

## Reflection

Have a good look at your newly drawn line and answer these questions:

1. How do you feel looking at your time line? What emotions come to mind? Does it help to recall how you felt at each point?
2. Looking at your timeline, what individual qualities do you show that suits you? such as 'hard working' or good humoured?
3. Looking at the experiences below the lines, can you recall what strengths or qualities you called upon to recover from these?
4. How might you help call on these strengths again?

# Practice your ABC's!

'Our beliefs about what happened cause us to feel a certain way, not the event itself'.

## **ABCDE(F)**

A- Adversity

B - Beliefs

C - Consequences

D – Disputation

E – Energisation

(F) – Follow Up...

# Build effective relationships...

**“Human beings are wired to connect”**

Matt Liberman ‘Social’.

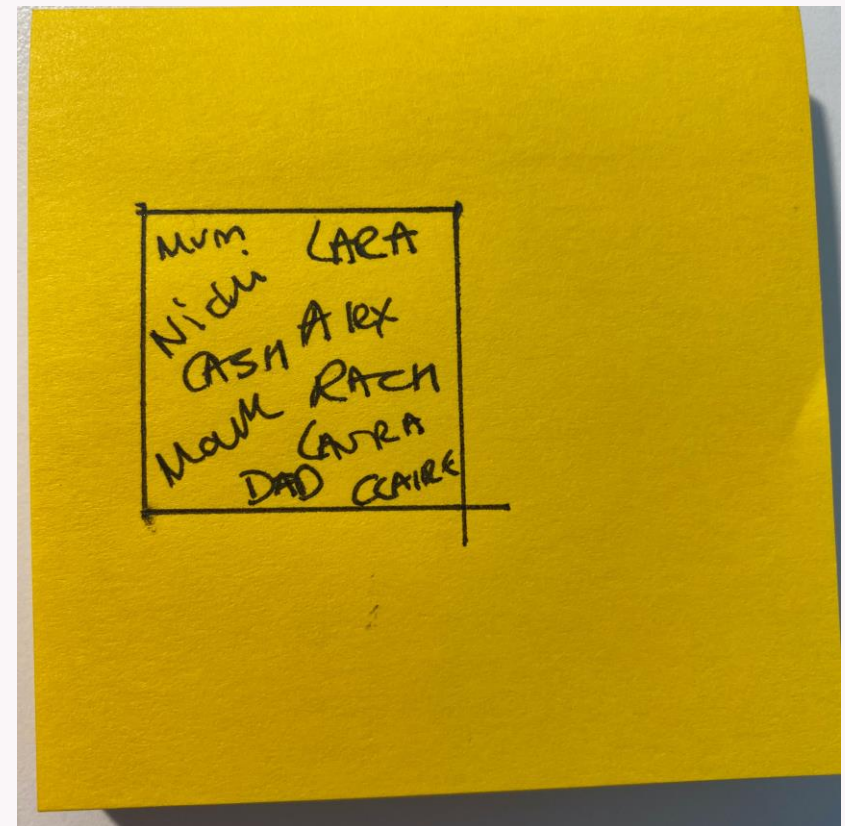
- Be vulnerable
- Create clear boundaries

Being resilient means knowing who to turn to in each situation for the right kind of support...

# Build effective relationships...

The 'Square squad' exercise from Brene Brown...

- Draw a square 1"x 1"
- Now simply write all the names of the people you totally trust to have your back inside the square.
- Cut it out, keep it and refer to it when you need support.



# Build effective relationships...

**In the two poll pods, have a think about:**

1. What does “Being Vulnerable mean to you?”
2. What does “creating boundaries for you mean”?

# Focus on your strengths...

Your greatest opportunity to grow is to focus on your strengths, not your weaknesses...

<https://www.viacharacter.org/character-strengths>

**Creativity**

**Bravery**

**Honesty**

**Leadership**

**Kindness**

**Forgiveness**



# Gratitude Exercise

In the three poll pods, have a think about the answers to these questions:

1. What have you been grateful for during lockdown?
2. What are you looking forward to after full lockdown ease?
3. What opportunity did you discover to explore during lockdown?

# Building HOPE...

**Hope** is an emotion characterized by **positive** feelings about the immediate or long-term future and often coupled with high motivation, optimism, and a generally elevated mood.

When people feel hopeful, they tend to experience fewer mental health problems.

What's the difference between hope & wishing?

## Discussion activity

In small groups discuss: What does this quote by Emily Dickinson mean to you? “**Hope is the thing with feathers.**”

- Where do you believe your sources of hope, or lack of hope, come from?
- How has hope, or a lack of hope, affected decisions you have made?
- What needs to happen before you have more hope in your life?

Please bring back a few points that you can share with the rest of the group.

# Useful points for breakouts

- We suggest you use the first couple of minutes to introduce yourselves and get used to the room. Choose a volunteer to keep the discussion on track and feed back to the main room
- Remember to activate your microphone to speak as per the instructions given.
- Breakout groups work best if people engage and contribute and discuss
- There will be ~10-15 minutes for the breakouts overall – we'll send regular reminders to let you know how long you have got left

**Remember to check the number of the room you are in (shows at top of chat pod as “chat x breakout y”) in case of connection issues and for bringing back information.**



## Breakout activity

In your small groups discuss: What does this quote by Emily Dickinson mean to you? “Hope is the thing with feathers.”

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# **This session is currently in breakouts (small groups).**

**If you are part of this group and have had  
connection issues please let us know your room  
number in the chat box**

**If you are only just arriving in this room  
then unfortunately you have missed  
the main session. Please log back out  
and watch the recording which will be  
available after the event**

# So....

- What can people share from their sessions?

**Important to remember:**

**It's great to find suggestions and tools, but it is up to you to actually use them!**

# Take home message

**“Challenges are what make life interesting; overcoming them is what makes life meaningful.”**

Joshua J. Marine



# Final polls

What do you feel is the main thing you will take away from this session?

What are you going to do as a result of this session?

Which of the following elements of this session did you find useful?

- Tutor led explanation
- Opportunity to chat in text chat box
- Opportunity to suggest ideas in polls
- Opportunity to read ideas suggested in polls
- Breakout room (discussion with / learning from other students)
- Breakout activity (reflecting on the concepts in more detail)
- Any other aspect (please give details in chat)

# Upcoming sessions

22/6 Broadening horizons careers event and FASS:  
New Curriculum Showcase

23/6 Education, Childhood, Youth and Sport (ECYS)  
Curriculum Showcase  
(both live broadcasts)

Details, booking and catch up

<http://studenthublive.open.ac.uk/>

