

# Resilience: planning for success

## **This was our advert...**

Resilience and self-management are key requirements if you want to be a successful adult learner. This workshop will look at strategies and ideas to boost resilience and help you become a more confident, strong learner who can cope, even when life throws a spanner in the works.

# What are SHL workshops?

- Studenthublive is non modular and focuses on study skills relevant to higher education
- This means sessions are skills based and are not subject based.
- SHL workshops do not take the place of subject and skill related tutorials provided by your modules
- All events are always advertised on our website along with studenthome news, social media channels and careers sources
- All events are bookable; workshops do fill up as they are popular

# SHL is lively!

- These sessions are large scale
- They are often busy with lots of interaction
- They are not the same as other module based tutorials
- You can maximise slides on your own screen by clicking the icon
- You can return to the recording after the event to revisit if needed



# Online workshop basics

- Polls are anonymous to other participants but the chat box will have your logged in name associated with your comments during the live session.
- All online sessions are recorded and available to view on catch up on a public facing website.
- Slides are available to download during the live session and from <http://studenthublive.open.ac.uk/>.

# Please

- Do NOT share any personal information in the chat pod during the session
- On the recording names will be anonymised to user number
- However if you type anyone's full name or any other personal information in the chat pod it can be seen by everybody and it would also show up on the recording so we would not be able to make the recording available

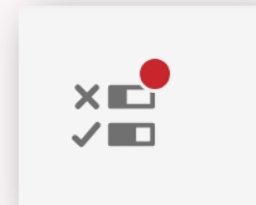
# Today's workshop

- This is going to be a structured workshop to help you to start considering what resilience is and how to boost this within your study journey
- We'll give some student and tutor advice and suggest things to consider
- We will not tell you what to do, nor what will definitely happen. We will suggest things based on experience and you can decide which aspects work for you

# What do you want to learn?

Using the short answer poll provided please say what you are hoping to learn from today's session

*(If you are on a mobile app 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*





# First thoughts word cloud

What does the word resilience mean to you?  
Please add the word or phrase that best explains.  
We will be building a word cloud to see what words  
are common.

You need to state individual words or up to 3 words  
as a phrase, if you press the space or enter button  
your entry will be sent through.

Look for the box that says enter word here.

# Defining resilience - 1

- There isn't really any single definition – sorry!
- There are however a variety of elements that go in to it which are helpful to consider
- Resilience is not a fixed aspect of character or life – it can be worked on and improved
- Resilience may be different in different settings – it is not a blanket ability

## Defining resilience - 2

- Emotional resilience is the ability to respond and adapt to stressful situations and life's ups and downs
- Resilient people are those individuals who can adapt and bounce back as well as having an attitude of persistence and openness to change
- Within learning resilience is the skill to perform under pressure
- Resilience in learned behaviour, skills and qualities

# Why is resilience important?

- Greater resilience leads to improved learning and academic achievement.
- The experience of more positive emotions and better regulation of negative emotions
- Greater resistance to stress
- Better coping with stress, through enhanced problem-solving, a positive orientation, and re-evaluation of stressors

# Today's session...

- Is about recognising that everyone has ups and downs
- Is about considering ways to thrive in the ups and not allow the downs to define or derail your study journey (too much!)
- Is not minimising suffering and challenges that may be the root to the downs for some people, but we are not a substitute for primary care (although there will be some ideas of sources of support for some situations)

# Time management

- Time management feeds into resilience
- Over committing increases stress
- Look at prioritizing - what is essential, what can be delegated?
- We run regular sessions on time management 😊

# Be organised!

- Being organised helps you to be prepared for what might happen
- Things will change, that is part of learning
- How you deal with the change or transition is important

# Task 1

- Think of a situation in your life until now where you experienced stress (maybe one of life's 'downs')
- Next consider what you were able to do in order to come through this stress
- Please use the short answer poll pod provided to summarise one of the ways in which you effectively managed the stress (you don't need to say what the stressful situation was)
- Don't worry if you can't think of an example but do look through the suggestions provided by others



# You have resilience!

- In every day life we all develop strategies to help us come through the downs and stresses of life
- So how can you boost this for study?

# Start simple – be balanced

- This session is not specifically about managing stress but resilient learners can manage stress so it is important to recognise effective ways of doing this to achieve balance



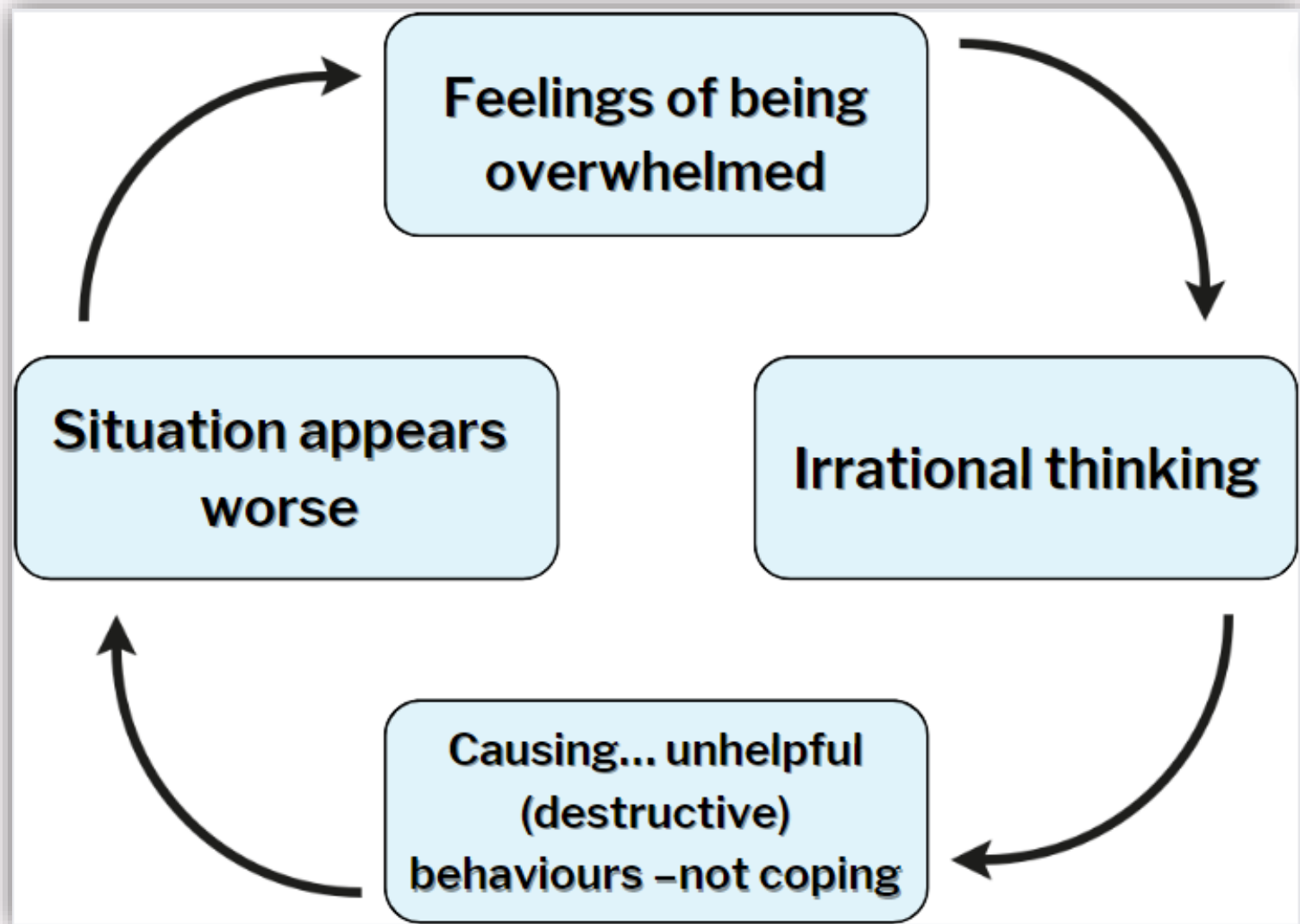
# Have a growth mindset

- Believe in yourself firstly
- Skills do develop over time, no one is the perfect fully formed student straight off!
- Recognise that study takes work for the knowledge and the skills, but you can do it!

# Struggles will happen

- Sorry but it is true
- How you manage the struggle will be the key for the impact
- We all experience failure and it is part of learning
- Learn from mistakes - they **are** part of the study journey
- Resilient people are those who can learn from mistakes and learn from their successes – repeat the positives and adapt the negatives

# Avoid being overwhelmed



# Don't let irrational thoughts in



# Comfort and soothing

- Can you identify something you do to sooth or comfort yourself when you are feeling stressed or upset? If you feel able please share your strategy in the short answer poll pod provided
- As with other polls do look to see what others suggest and see whether there are commonalities or maybe something you could do

# Ideas for comfort

- Nice meal
- Chat with someone
- Go for a walk (or other exercise)
- Cuddle a pet (or person!)
- Have a bath
- Read a book
- Watch something funny (or brainless!)
- Chocolate 😊



# Think of the timescale

- Some comforts are ideal for a quick pick up
- Some comforts may take a bit longer to engage with
- Will the time taken away from study help or compound the issue?

# Breathe

- Sounds simple but makes a difference



# Get enough sleep

- Tiredness will predispose to feeling less positive



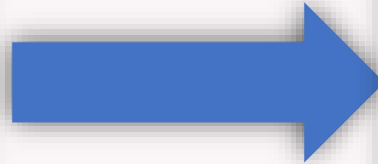
# Exercise

- Within what you can do



# Eat well

- Try and cut out the junk food and aim for something more healthy



# Delve deeper

- Active learning and engaging deeply will help you feel more secure
- This means when something comes along that is a challenge you won't feel as insecure or feel you can't manage it

# Practice being optimistic

A- Adversity

B - Beliefs

C - Consequences

**D – Disputation**

**E – Energisation**

We all encounter A, B and C – it is how we manage through D and E that counts

# Disputation

Dispute negative thoughts with rational considerations to help study journey

- I'm blowing this mark out of proportion
- This feedback is not personal



# Energisation

- This comes from successful disputation and is the general positivity and calmness that arises from being able to manage the challenges or at least having managed that challenge 😊
- There is a renewed sense of hope – yes things happen but you can get through!

## Small group activity

- Discuss as a group how you can work on your resilience to support your study journey. See if you can find some common strategies and ideas between you
- You may like to use some of the techniques mentioned or may have others you want to discuss
- There will be no requirement to share ideas in the main room – this is your time to discuss in a small group

# Useful points for breakouts

- We suggest you use the first couple of minutes to introduce yourselves and get used to the room. If you want to speak you will need to activate your microphone *once in the room and you see the option available*



- Breakout groups work best if people engage and contribute and discuss
- There will be ~10 minutes for the breakouts overall – we'll send regular reminders to let you know how long you have got left

# Breakout activity

- Discuss as a group how you can work on your resilience to support your study journey. See if you can find some common strategies and ideas between you
- Remember to activate your mic if you want to talk



- If you lose connection you should be automatically returned to the room you are in (you will see the room number from the toolbar information similar to the image shown)

BREAKOUT STARTED

Currently in **Main Room** ▼

Message Host

# Alternative activity

- There will be 2 specific questions in chat pods for you to explore some of the elements we have discussed further.
- *I already help my own resilience by...*
- *I plan to build resilience by...*
- You are welcome to add your thoughts and we will then pick up some of the themes and talk through them.
- Chat does have names on but the recording will be anonymised so you will appear as 'user number'

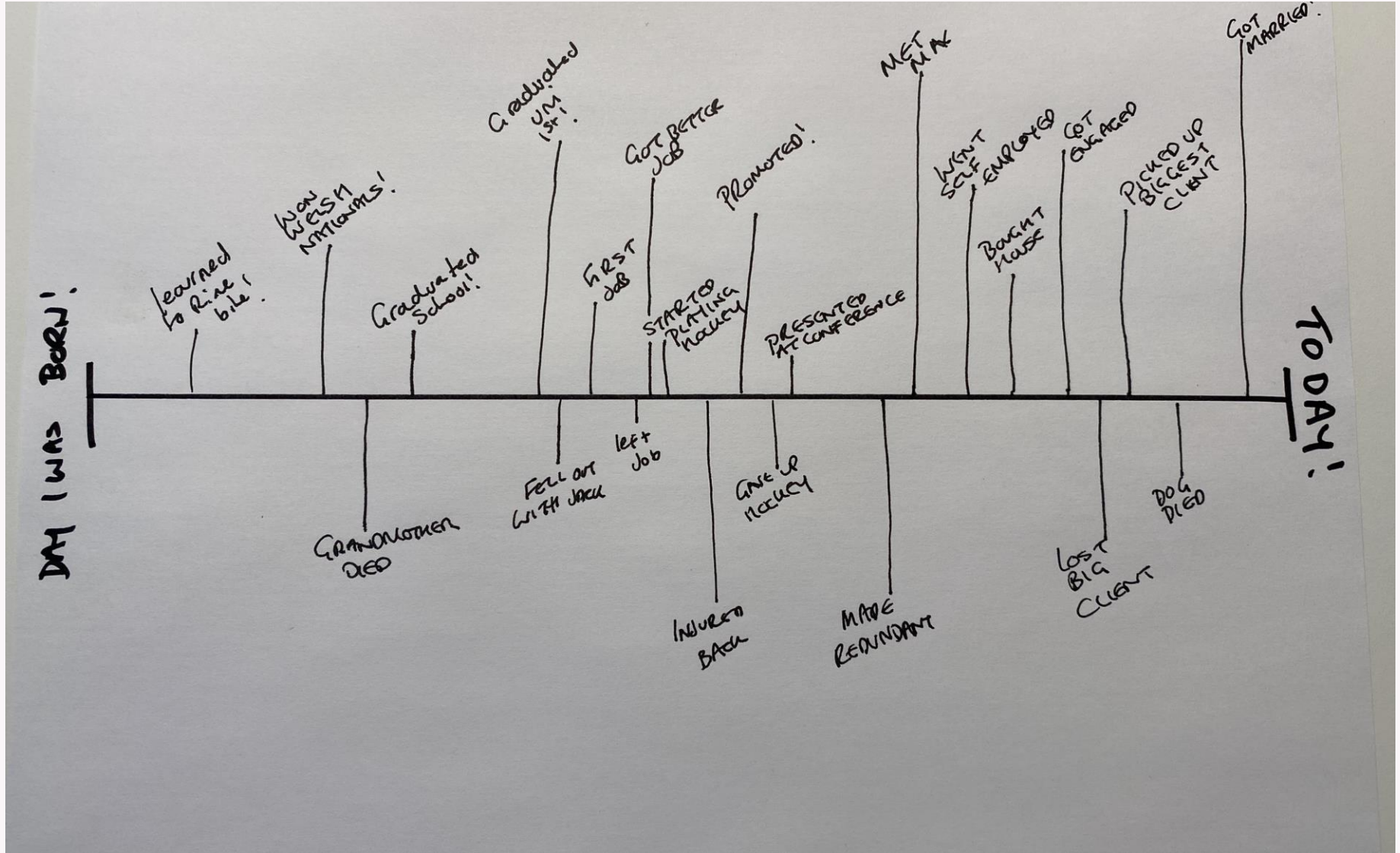
# Homework strategies

- There are a couple of other strategies that you may like to do after the session to help you to reflect further
- One is a timeline which can be of any period of time e.g. whole life, adulthood, study journey – it just needs to finish at ‘now’
- The second is using an acronym to consider further what impacts how you cope with potentially adverse events
- The third is recognising and building effective relationships

# Producing a life timeline

- Using a piece of paper and pencil draw a horizontal line representing your life so far
- Next add in lines above this horizontal line pointing to identified high points you have experienced – the length of the line represents how positive the experience was
- Then add in lines below the horizontal line pointing to identified low points you have experienced –the length of the line represents how negative the experience was

# Example timeline





# Consider your timeline

- Looking at the experiences above the line, try and recall those positive emotions and apply some of those feelings elsewhere
- Looking at the experiences below the line, try to recall what strengths or qualities you called upon to recover from these
- The timeline will have downs as well as ups but consider how you can try and be positive to support yourself

# Build effective relationships...

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

- Draw a square
- 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

# Take home message

- Everyone is unique and has their own journey
- Being resilient is about recognising that things happen but there are ways of building strategies to help manage these
- Further support at <https://help.open.ac.uk/wellbeing-during-difficult-times>

# Feedback

Please complete the feedback form that is available at

<https://forms.office.com/e/ANGm4YCXaV>

This is immensely valuable to provide information on how studenthublive is beneficial to students as well as to help us plan our future programme

# Upcoming sessions



27 Sep 11am Improve your academic writing

**19/20/21 Sep 11am Freshers live broadcasts**

**26 Sep 11am Tuition - making the most of your tutor and tutorials**

**28 Sep 11am Generative AI: angel or demon?**

4 Oct 11am Introduction to essay planning

Details and booking information from

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

Past student hub live online study skills sessions [here](#)

Visit us at <http://studenthublive.open.ac.uk/> and subscribe for events as they are announced. Send us feedback at [studenthub@open.ac.uk](mailto:studenthub@open.ac.uk)

