Cultivating a resilient campus together

2021 OTL Mini Virtual Conference

Jessica Danielson, PhD, LPCC-S, NCC
Objectives

- Attendees will be able to define resiliency and identify key characteristics of resiliency

- Attendees will explore practices to cultivate resiliency on campus, including classrooms, meetings, etc.

- Attendees will brainstorm ways to implement resiliency practices in their work with colleagues and students
Introduction

What is the first word that comes to mind when you think of resilience?
Resiliency is...

- something we are all born with naturally
- something we can all cultivate more of
- the ability to recover from setbacks
- a mindset
- uneven

Think of buoyancy
Stress is...
-a typical experience in daily life
-short-term and situational
-can include side effects such as irritability, muscle tension, headaches, upset stomach, sweaty palms, rapid heartbeat, dizziness, changes in sleep, appetite, or concentration
-often associated with being problematic; however, it is a lifesaver

What current prominent stressors are there for yourself, colleagues, and students on campus?
Ways to cultivate resilience on campus...

- Build connections
- Seek help
- Foster wellness
- Find purpose
- Embrace healthy thoughts
Resources

- Students can go to NDSU Counseling Center
  - Call: 701.231.7671
- Staff/Faculty can use the Village EAP
  - Call 1.800.627.8220
  - Visit [this link](#)
- Brief Readings
  - [How To Build Resilience](#)
  - [7 Ways Universities Can Foster Student Resilience](#)
  - [How Stressed-out Students Can Build Resiliency](#)
  - [Building Resiliency in the COVID-19 Era](#)
References


Thanks

Questions?

Contact information:
Jessica.Danielson.1@ndsu.edu

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