

Build Resilience for Student Success

Successful students build resilience by developing strengths in these areas.
Contemplate what your strengths are and what areas of development may be required.

Successful students seek clarity:

- Why are you enrolled in college?
- What skills do you want to develop?
- What are your short-term and long-term goals?
- What is expected of you in each course?
- What are your strengths?
- What do you want to get out of your college experience?

Seek Clarity

Prime
Enthusiasm
&
Create Energy

Successful students are responsible for priming enthusiasm and creating energy:

- What type of energy can you bring to campus daily?
- What can you get excited about?
- How can you get involved?
- Do you surround yourself with positive peers?
- Are you eating well, moving your body, staying hydrated and getting quality sleep?

Successful students block time for meaningful activities and create balance:

- When are your classes?
- When will you study?
- When will you engage in fun?
- When will you do self-care?
- What will you do for fulfillment?
- How many hours will you work while attending college?

Block Time

Enlist a Team

Successful students identify a team of support:

- Who is on your team?
- Who are you inspired by?
- What resources can you access on and off campus?
- Who can be a mentor or role model?



To discover more about how to build resilience, meet with the academic strategist!

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