

College Students and Academic Resiliency

Lauren Badajos

Academic Coach

USC Kortschak Center for Learning and Creativity



Overview

- What is academic adversity?
- What is academic buoyancy?
- What is academic resiliency?
- How can social support be beneficial for my well-being?

What is academic adversity?

- Experiencing and overcoming one or more setbacks and/or challenges while in the academic setting (Martin, 2013)
- Students face everyday challenges and barriers
- Adversity can cause stress depending on frequency, duration and severity
- Duration can be temporary or long-term
- The level of severity of adversity is different for each student

Students Facing Academic Adversity



- May distance themselves from their peers and campus life
- May become disengaged from school
- May lack motivation to complete tasks and assignments
- May have difficulty reaching out to their support system

(Martin, 2013; Covington, 1992)

What is academic buoyancy?

Resilience also means to continually to overcome temporary/short-term:

- Setbacks
- Challenges
- Small difficulties that are part of everyday life

Some examples of academic buoyancy:

- Poor grades
- Poor performance
- Lack of motivation and confidence to get tasks done

(Martin, 2013)

What is academic resilience?

- When a student can conquer temporary or long-term stressors
- Being able to 'bounce back' despite the struggles a student may have
- Every experience is different from one another



Examples of how to be academically resilient

- Showing up to class
- Adapting to a new environment
- Balancing school and home life
- Taking on difficult tasks
- Learning to adjust goals



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Social Support & Student Resources



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**Thank you for watching this
workshop presentation!**



References

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