College Students and Academic Resiliency

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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

