



Brief Description of the Changing Minds Study:

This pilot study is examining the role of academic resilience, as a model that supports student flourishing, engagement, persistence and success. The primary purpose of this research is to focus in greater depth on the non-academic aspects of student success, as it relates the development and implementation of a sustainable student psychological campus wellbeing model. This study will explore the non-academic capabilities of students that affect their “ability to engage” in the academic process such as motivation, goal setting, problem solving, emotion regulation, adaptive help seeking and implementation of positive mental health strategies.



Survey #1 -> [eSuccess-Coaching Program] -> Survey #2

Optional but Encouraged Participation
Maintaining & Fostering Academic Resilience

What is Academic Resilience?

Academic resilience is predictive of student success. The more resilient you are the better your chances of achieving your academic goals. Academic resilience includes the following areas:

- The ability to **persevere** during difficult times.
- The ability to **reflect** on your experience and **seek help** when necessary.
- The ability to **manage your difficult emotions** with **positive coping strategies**.

The Details:

- **Survey #1:** available from October 10th to November 30th, 2018
- **Survey #2:** available from March 1st to April 30th, 2018
- **eSuccess-Coaching Program:** is optional but highly encouraged. You can participate in campus activities that help you maintain and foster your academic resilience. You can record your participation in the Changing Minds eLearn Dropbox and earn Mind Points that you can exchange for money and prize ballots!

How to Participate in the eSuccess-Coaching Activities:

- Follow the Changing Minds eLearn calendar for events.
- Join the Changing Minds Text “Remind” group to receive text alerts about events.
- Go out and participate!
- Record your participation in the Changing Minds eLearn Drop Box. Get Mind Points!