

STUDENT RESILIENCE: MOVING FROM SURVIVING TO THRIVING

ABOUT THE COURSE:

Resilience has an important role to play in enabling students to manage periods of adversity, to grow, learn and further develop skills into the future. The good news is that resilience can be enhanced via training strategies designed to support and develop psychological and social resources. The even better news is that this module is designed to do just that! The course will introduce you to the topic of resilience and then guide you through the process of enhancing your own resilience via practical strategies and approaches designed to support you through your studies.

5 WEEK COURSE; MICROCREDENTIAL

WEEK BY WEEK

- Week 1: What is resilience?
- Week 2: Dealing with adversity
- Week 3: Coping strategies
- Week 4: Support networks
- Week 5: Reflection

HOW WILL THE COURSE BE TAUGHT?

- ✓ Podcasts / TED style talks
- ✓ Student developed content
- ✓ Interactive activities

NEW COURSE!