

Berea College
Student Resilience Project





resilient.berea.edu



The Student Resilience Project is a web-based, research-informed toolkit developed to encourage students' wellness by helping them learn to manage stress in healthy ways and increase their sense of belonging. The website features videos, skill-building activities, resources and information, including podcasts by campus experts.

Table of Contents

Who leads this project?	1
Who has contributed to this project?	1
What is the Student Resilience Project?	2
What does the Student Resilience Project offer students?	3
Is this required?	4
How will the program keep track of student progress and completion?	4
Why is this project necessary?	5

Who leads this project?

This project was a result of 12 faculty and staff participating in a task force on Student Trauma and Resilience and how our campus can positively influence student resilience. Through a collaborative effort of The Office of Student Success and Transition, Berea College Counseling Services, and Campus Christian Center, the Student Resilience Project was tailored to Berea's students and campus.

Who has contributed to this project?

Faculty and staff from Berea

- The Office of Student Success and Transition
- Counseling Services
- Campus Christian Center
- Student Life

What is the Student Resilience Project?

- an online, evidence-informed, universal public-health-style prevention program
- designed to strengthen student emotional and academic coping skills
- strength-based and trauma-informed
- intended to encourage personal growth, whether or not students have experienced prior trauma
- created to increase connection of students with valuable Berea and community resources
- designed to supplement existing educational and counseling interventions
- intended to destigmatize mental health issues and encourage help-seeking

What does the Student Resilience Project offer students?

- multimedia, interactive audio, video, animated resilience and coping content
- positive student stories demonstrating student resilience, belonging and purpose
- exercises helping students discover their strengths
- exercises to help students practice their resilience skills
- access to the Get Connected page, with many campus and community resources arranged by topic.

resilient.berea.edu/values/

Berea College

Howdy, Rosanna Willhite

Berea has 3 Core Values:

RESILIENCE EQUITY EMPATHY

You have values too...

Your values are the things you believe are important to the way you live and the decisions you make.

Click on **3 values** that are important to you.

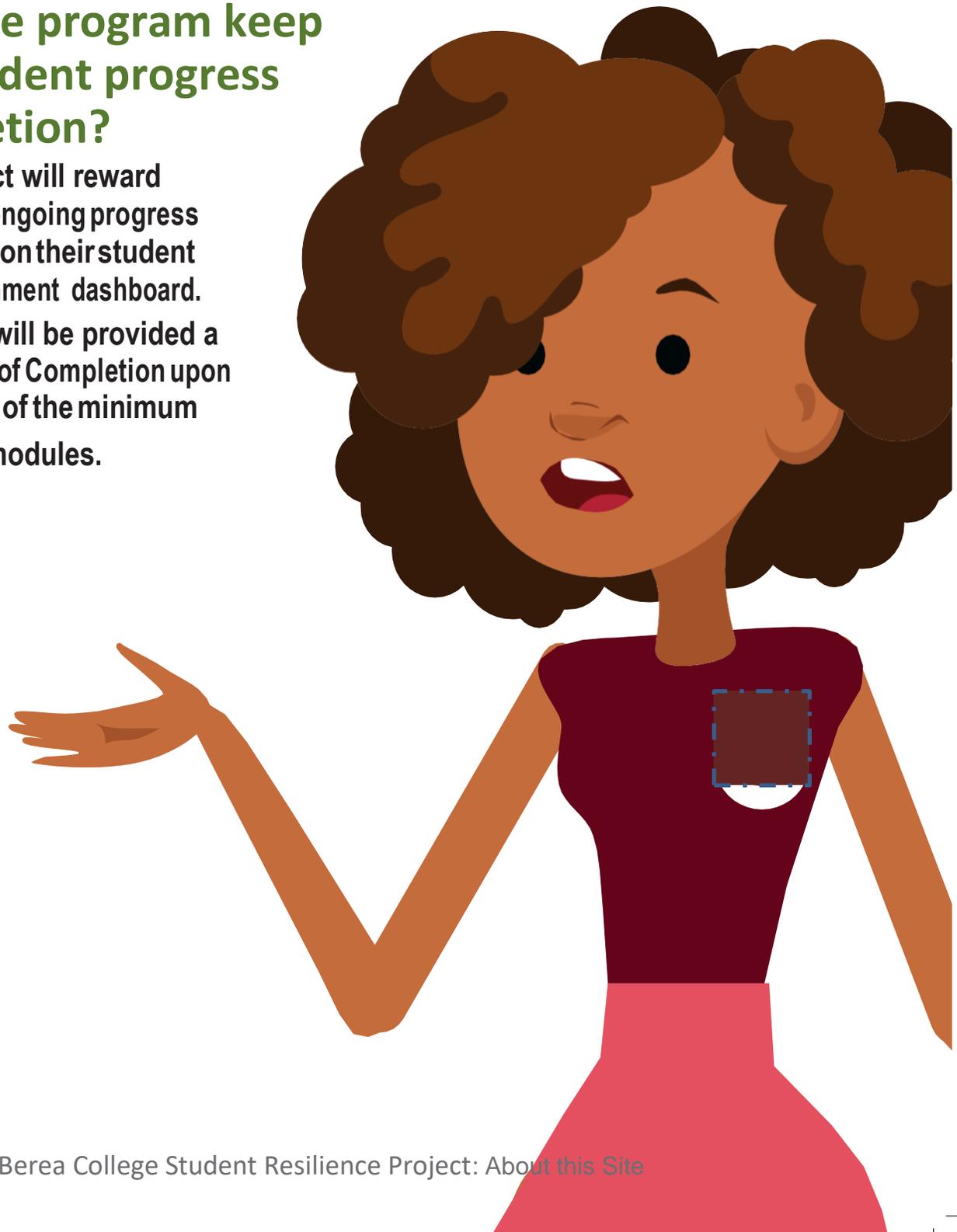
RESILIENCE SERVICE COURAGE FAITH

Is this required?

- It will be required for all incoming freshmen and transfer students.
- Requirements include: watching the Introduction to Trauma and Introduction to Resilience videos, listening to at least two audios of the student's choice, and learning about one new skill in the skills section.
- Individual university units may opt to require it of their students.
- It is estimated to take around 25-45 minutes to complete

How will the program keep track of student progress and completion?

- The project will reward students' ongoing progress with icons on their student accomplishment dashboard.
- Students will be provided a Certificate of Completion upon fulfillment of the minimum required modules.



Why is this project necessary?

- Students need assistance building stress management and healthy coping skills.
- More tools are needed to respond to the mental health needs of incoming students.
- Stress, anxiety, sleep problems and depression are common in young adults and are barriers to their academic success
- Childhood adversity and trauma is common, and unresolved trauma makes students more vulnerable to stress.

- It is a Berea priority to increase students' sense of belonging and connectedness, safety and well-being.
- Berea is proud to transform the rich campus expertise into an accessible resource for students.

Is this project associated with a study?

Yes, students may provide feedback on the project through voluntary and anonymous surveys. Resilience Information and tools are available to students, whether they choose to complete a survey or not.

Please feel free to email Rosanna Willhite at willhiter@bereda.edu **with any questions you may have.**



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