



FLORIDA STATE UNIVERSITY
DIVISION OF STUDENT AFFAIRS


FSU STUDENT RESILIENCE PROJECT

About This Site





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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 FSU Student Resilience Project?.....	2
What does the FSU 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?

FSU President Richard McCullough, Provost and FSU Executive Vice-President for Academic Affairs Jim Clark, and the President's Cabinet are proud to support this major effort.

The Student Resilience Project's Co-Principal Investigators are:

- Karen Oehme, J.D., FSU Distinguished University Scholar and Director of the Institute for Family Violence Studies
- Laura Arpan, Ph. D., Professor, College of Communication and Information

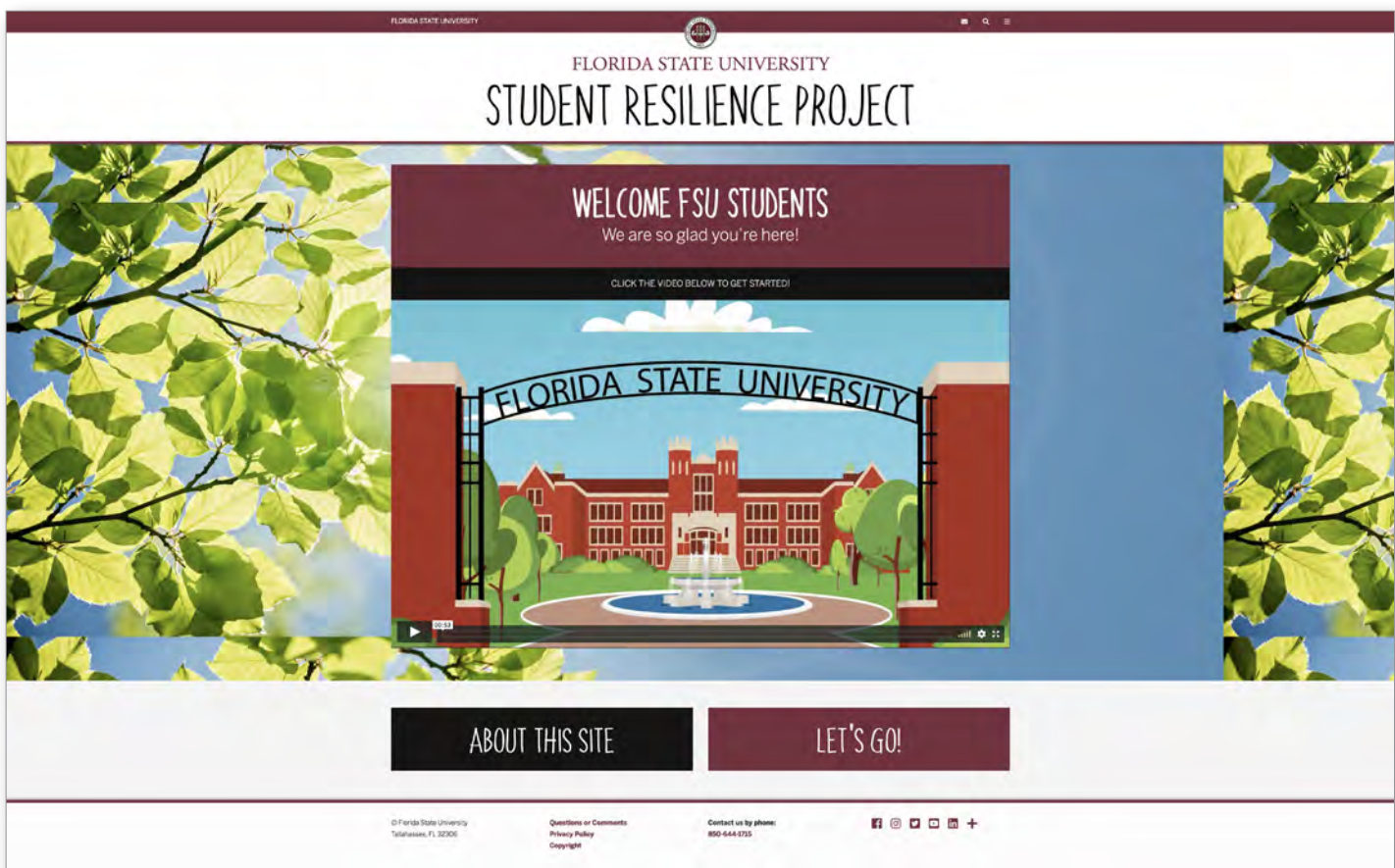
Who has contributed to this project?

Faculty and staff from FSU's

- College of Medicine
- College of Nursing
- College of Human Sciences
- College of Communication and Information
- College of Social Work
- College of Education
- College of Law
- College of Business
- College of Fine Arts
- College of Music
- Athletics Department
- Office of Distance Learning
- Division of Student Affairs *which includes Campus Recreation, Career Center, Center for Academic Retention & Enhancement, Center for Global Engagement, Center of Leadership & Social Change, Dean of Students, Student Union, Student Government Association, University Counseling Center, University Health Services, and University Housing*

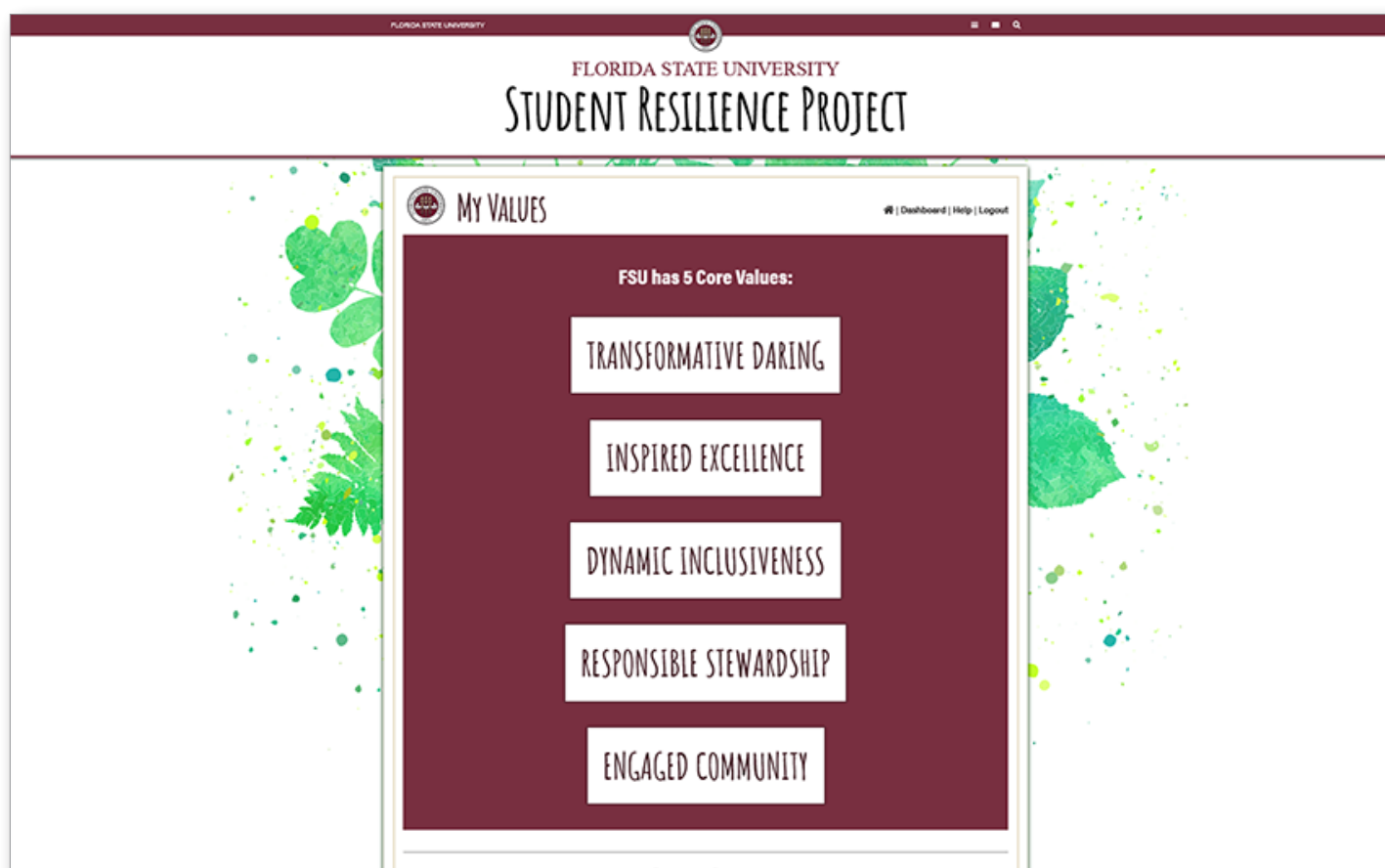
What is the FSU Student Resilience Project?

- 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 FSU and community resources
- designed to supplement existing educational and counseling interventions
- intended to destigmatize mental health issues and encourage help-seeking



What does the FSU 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.



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 an FSU priority to increase students' sense of belonging and connectedness, safety and well-being.
- FSU 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 or call Lyndi Bradley at lbradley2@fsu.edu (850-644-1715) with any questions you may have.



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