



STUDENT RESILIENCE PROJECT

WELCOME FSU STUDENTS

We are so glad you're here!

CLICK THE VIDEO BELOW TO GET STARTED!



[Strong.fsu.edu](https://strong.fsu.edu)

Thank you,
President Thrasher
and Provost McRorie
for your commitment to
student wellness and
resilience.



Purpose of the Project

1. Increase students' sense of belonging and connectivity.
2. Promote the promise of healing after trauma.
3. Teach healthy and effective coping skills to promote student wellness.





Resilience Training

The CDC recommends investing in public health initiatives to **address trauma and promote lifelong resilience.**

Animation

- The effect of trauma on the brain
- Process of healing and building resilience

Brief Audio Trainings

- Campus leaders normalizing help seeking
- Frustration tolerance
- Sleep and relaxation audios
- Stress management
- Anxiety reduction



All content:

- Accessible, private, online interventions
- Culturally sensitive; address discrimination
- Include skills to help resolve trauma

Exercises:

- Affirming students' values and strengths
- The keys to emotional self-regulation
- Cognitive reframing
- Breathing for relaxation and sleep
- Using failure as a pathway to success
- Writing for mental health

Videos and More

- Personal accounts of how other students have healed and thrived
- Relaxation and Yoga











The Project

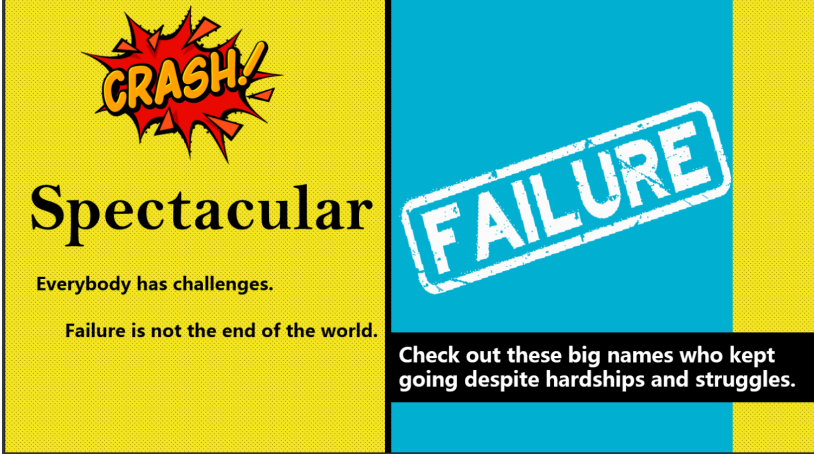
WHAT I WISH I KNEW Welcome [Dashboard](#) | [Help](#) | [Logout](#)

MY FIRST SEMESTER OF COLLEGE

THESE STUDENTS OVERCAME CHALLENGES AND BUILT RESILIENCE.

Click the photos to hear their stories and then get connected to FSU's resources.

 EVERYDAY STRESSORS	 REJECTION	 CULTURE SHOCK	 BREAKUPS
 HOMESICKNESS	 BURNOUT	 DECISIONS ABOUT ALCOHOL	 FINDING A NEW WAY



CRASH!

Spectacular

Everybody has challenges.

Failure is not the end of the world.







FAILURE

Check out these big names who kept going despite hardships and struggles.

REAL TALK Welcome [Help](#) | [Logout](#)









FSU EXPERTS ARE HERE TO HELP YOU NAVIGATE BIG ISSUES.

Listen to at least two talks to count toward your Certificate of Accomplishment.




 SPACE AND WELL BEING	 BUILDING FRUSTRATION TOLERANCE	 SUPPORT FOR STUDENTS OF COLOR
 QUIETING INTRUSIVE THOUGHTS	 MANAGING GRIEF AND LOSS	 YOUR BRAIN AND EXERCISE

REACH OUT GET WHAT YOU NEED Welcome [Help](#) | [Logout](#)

IF YOU FEEL...

 DOWN	 TIRED	 IN A RUT	 OVERWHELMED
 ALONE	 ANXIOUS	 DEPRESSED	 IN CRISIS

IF YOU HAVE QUESTIONS ABOUT...

 SEXUAL ORIENTATION GENDER IDENTITY AND OR GENDER EXPRESSION	 SEXUAL AND REPRODUCTIVE HEALTH	 RESOURCES FOR CAREGIVERS
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Analytics

Since August 1st the project has had:

- **Over 7,000** users.
- Views from **every state** across the United States and **15 countries**.
- Interest from schools around the country—(including Notre Dame, Columbia University, Perdue University, and Emory University).





Dissemination

Thank you, Deans! Student ambassadors, staff, and faculty have given **50 presentations** on the project across campus.

The Student Resilience Project has **17 Student Ambassadors** for Peer-to-Peer presentations and dissemination.





Implementation Research– Pilot Testing (n=229)

Oehme, K., Perko, A., Clark, J., Ray, E. C., Arpan, L., & Bradley, L. (in press). A Trauma-Informed Approach to Building College Students' Resilience. *Journal of Evidence-Based Social Work*, 32 pages.

- After viewing the videos, more than **80%** of respondents agreed:
 - Students that have had struggles to overcome
 - Would find the website helpful.
 - Would probably use the resources described in the site.
- **90%** of believed the university resources listed would help themselves or others overcome challenges.
- **88%** of students rated the website as believable, trustworthy and accurate.
- **80%** would return to the site and view additional content.
- **70%** would recommended the site to other students.



Testing the Restorative Narrative – Pilot Health Messaging

Laura Arpan, Ph.D., College of Communication and Information

This study investigates the program's use of video-based peer-to-peer “restorative narratives,” depicting college students overcoming adversity using university resources. A theoretical model is proposed and supported using data from a questionnaire completed by undergraduate students ($n=229$) who viewed the videos. Results suggest perceptions of restorative narratives can directly predict behavioral intentions among students (*e.g. increasing intention to seek resources and share content*), with meaningful affect and outcome expectations serving as mediators. Based on the model, this study offers evidence-based suggestions for web-based prevention programs.





What's Next?

- Graduate Student Content & International Student Content (2019)
- Program Evaluation November - Over 2,500 students have completed a survey about the site following the full program launch (2018).
- Control Group Testing of Student self-efficacy and belonging (two core components of resilience), comparing students who did and did not take the training (administered in same time period).
- Follow up surveys will measure behavior change.
- Content specifically for athletes (late 2019)
- Website changes and adaptations to users; continuing research.
- Site Improvements



How you can help:

Two ways:

1. Ask staff to help disseminate the project
2. Let faculty know you value the project

We are happy to speak at classes or faculty meetings for 5 minutes.

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