

Stress Management and Resiliency Training (SMART) for First-Year Undergraduates

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Agenda

- INTRODUCTIONS & ACKNOWLEDGEMENTS
- ACTIVATOR – GRATITUDE QUIZ
- SMART PROJECT RATIONALE & OVERVIEW
- CONDENSED VERSION OF INTRODUCTION TO SMART CURRICULUM
- SMART PROJECT IN OUR CLASSES
- RESEARCH RESULTS & LESSONS LEARNED
- DISCUSSION / Q & A

Credits / Acknowledgements



ACTIVATOR

Gratitude Quiz

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SMART Project Rationale

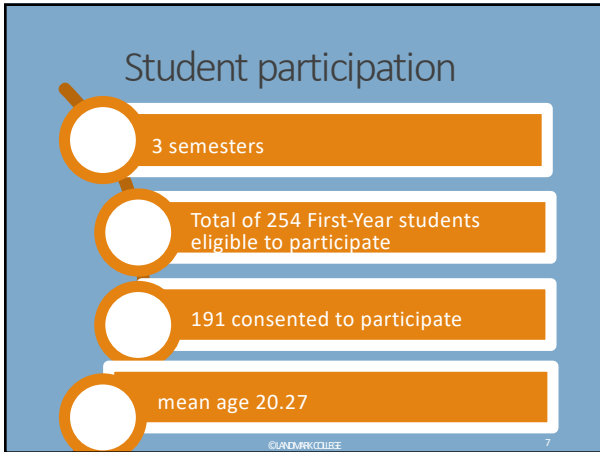
- College students in general present with anxiety and stress
- College students with learning differences – more at risk for anxiety and stress (Unwin et al., 2013)
- Resiliency education has potential to increase well-being (Hall & Webster, 2008)
- Resiliency aligns with student persistence and success (Hartley, 2011)

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SMART Project Overview

- Introduction to the SMART program
- Learning activities in individual first-year seminars
- Data collection: pre & post surveys and resiliency scales

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SMART Train Your Brain, Engage Your Heart

Stress Management and Resiliency Training

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MAYO CLINIC

Goals

- Train Your Brain
- Engage Your Heart
- Create a life with meaning and less stress

Stress is..


- Imbalance between demand and resources
- Lack of control
- Lack of meaning



Stress is not having what you want or not loving what you have.

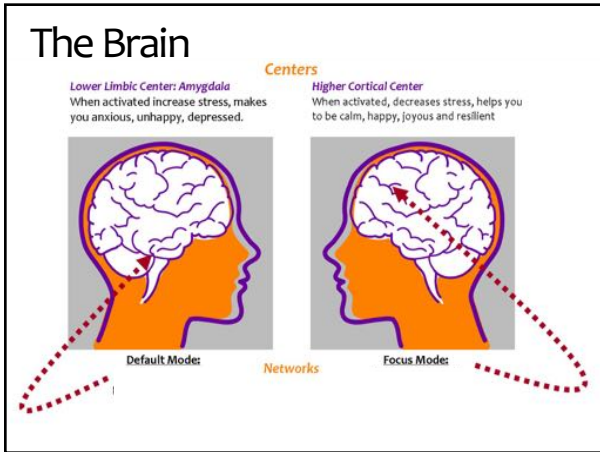
Resiliency is the ability to..

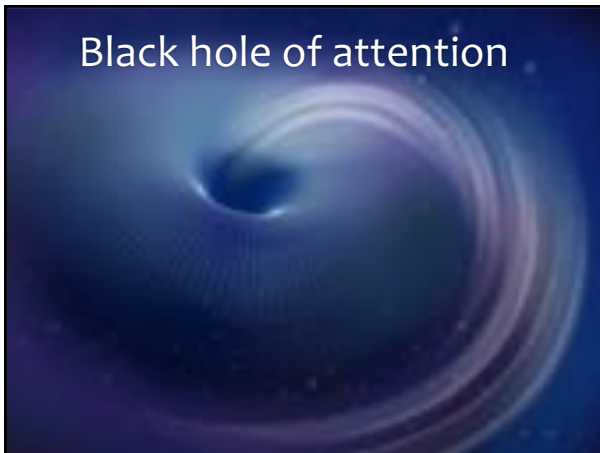
- Withstand adversity
- Bounce back from adversity
- Preempt and prevent adversity

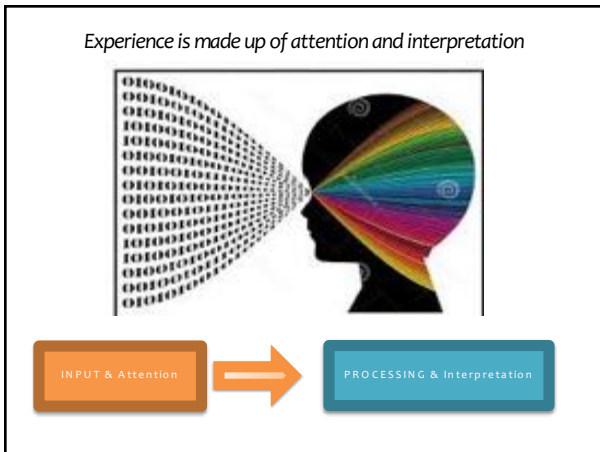


Being able to find meaning and something positive amidst adversity is the hallmark of resilience.









Where's your attention?

How do you interpret it?

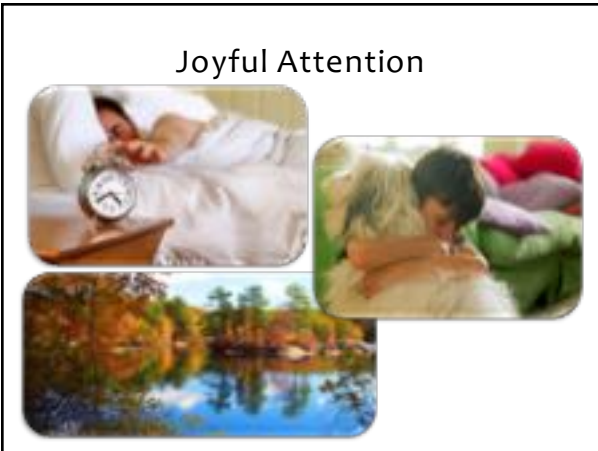






When you intentionally focus your attention, you are in charge of your experience








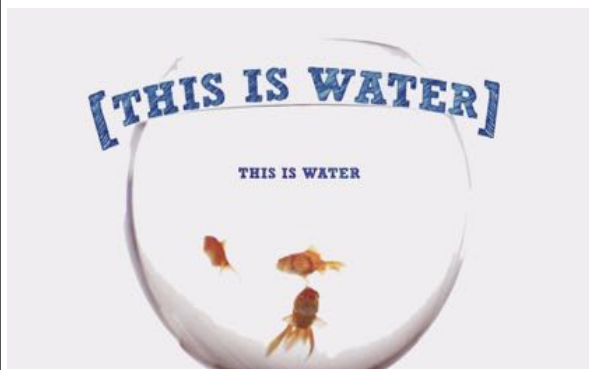
Kind Attention

When you see someone, rather than focusing on their physical characteristics, try to send them a silent message of *Compassion, Acceptance, Love and Forgiveness (CALF)*.

“I wish you well”

When you are generating blessings with in yourself, it is difficult to have a negative emotion at the same time.

Attention	Interpretation	
Joyful Attention	Gratitude	
	Meaning and Purpose	
Kind Attention		Compassion
	Forgiveness	Acceptance



David Foster Wallace 2008

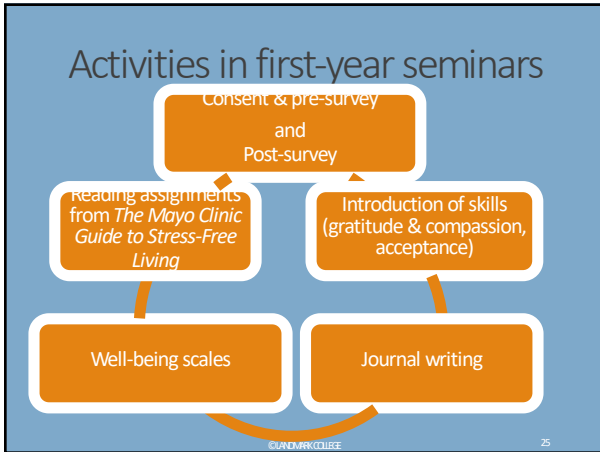
Reactions / Share

Turn to a neighbor and discuss your reactions to the SMART program.

How might you use these concepts in your setting?

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Sample Student Work

Gratitude journal prompt:

- What was your idea for practicing gratitude?
- What was your experience like when you used your idea?

"My plan for practicing gratitude was to write or say out loud what I was grateful for before going to bed. In doing this practice I realized there are many more things in life to be grateful for than I normally think of."

"My idea for practicing gratitude was to make a list of the things that I am grateful for. My experience when I made this list, was it made me think wow, I am really honored to be this lucky."

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Sample Student Work

Self-Compassion journal prompt:

We judge ourselves more harshly than we would a friend or family member. Think of a time when you judged yourself harshly. What would you have said to a friend in the same situation? Write a message in which you tell yourself the same thing you would have said to a friend.

"Don't beat yourself up because that is just going to make the situation worse. When you worry about the outcome your causing yourself to feel worse than you need to. Remember people love you no matter what you do."

"If my friend was judging herself harshly I would tell her to stop it and that she is very smart and a strong person and whatever was going on with her that she could handle it....."

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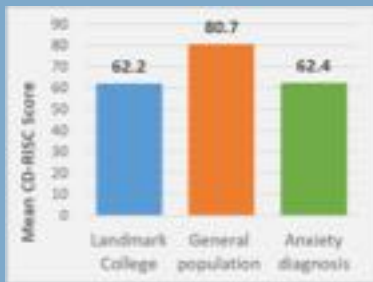
Research Questions

- Do Landmark College students in the first-year seminars exhibit lower levels of resiliency, well-being, self-esteem, and higher levels of stress than established norms for 'neurotypical' populations?
- Will students enrolled in first-year seminars show improvements in resiliency, well-being, stress, and self-esteem after introduction and practice with the SMART intervention components?

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Resiliency scores



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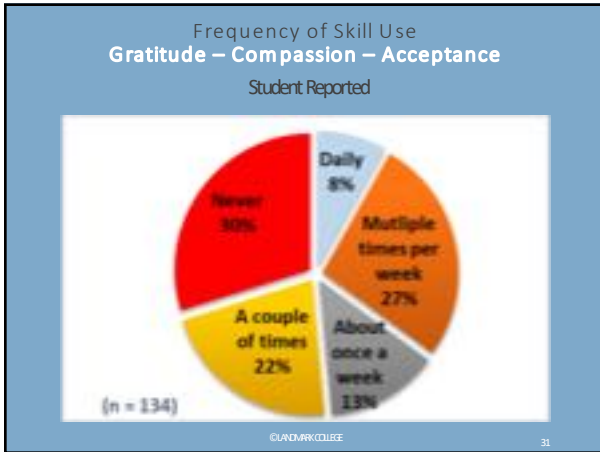
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Pre & Post Survey Results



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- ### Lessons Learned
- Importance of boundaries around role of professor
 - Students' tendency towards negative self-image and possible impact on self-reporting
 - Students impacted by many factors unaccounted for in study
 - Limits of semester-long study & potential benefits of longitudinal study
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