Coaching Resiliency:

Helping students bounce back from adversity

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Stars are MADE, not born
OSKAR
1. Outcome
2. Scaling
3. Know-how and resources
4. Affirm and Action
5. Review
Resiliency in Action

Internal: hope, meaning, emotional intelligence

External: engagement, positive social networks, high expectations

Networks of Trust, Reciprocity and Solidarity
A shift from problems to fix to strengths to build on
Focus on the good, the better,
One foot on the gas...
Goal commitments

Trading what you want most...
...for what you want in the moment

...and one on the brake
Competing commitments
Cognitive Behavioral approaches

- Ten forms of twisted thinking
- Ten ways to untwist your thinking
- Intentional dialogue
- Perfectionism vs. the healthy pursuit of excellence
- Procrastination

The COGNITIVE BEHAVIORAL Sequence

EVENTS → THOUGHTS → BEHAVIOR

- This is the stuff that happens as you experience daily life.
- Senses input to brain, also uses memory (learned experience) and decides response.
- What the brain has decided as the best response for the event
- When the brain records memory it includes any emotions experienced.
Prescription for Procrastination
• which comes first motivation or productive action?
• how do Scooby and Shaggy eat a sandwich?
• No “shouldy” thinking: cost-benefit analysis
Ending, Losing, Letting Go

The New Beginning

The Neutral Zone
Imagine that on your drive home you somehow happened to make your way through a worm hole and have traveled through time. It is now the year 2013 and upon your return to your institution you are both amazed and delighted by what you see. Your university/college has taken a holistic approach to student support and is now winning numerous awards and even recognized in several popular magazines for its innovative approach to facilitating student resiliency. Scores of visitors call each week to come visit with administrators, faculty and staff about duplicating your efforts.

What happened to allow your institution to reach this level of excellence with regard to developing student resiliency?

What 3 dreams/visions do you have for your institution to achieve these outcomes?
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