WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

GRIT AND RESILIENCE DURING FINALS

What does it mean to have grit? What is resilience?

To have grit, means to have passion, perseverance, and to follow through with goals set. It’s about sustained, consistent effort toward a goal even when we struggle, falter, or temporarily fail. A key component of grit is resilience. Resilience is the capacity to recover quickly from difficulties and the ability to “spring back into shape”. It’s about the ability to bounce back after we have struggled or failed.

Why is grit and resilience important during final exams?

Dr. Angela Duckworth, a psychology professor at the University of Pennsylvania as well as an author whose areas of research include grit and self-control, found during a study one characteristic that emerged as a significant predictor of success was grit. Grit then promotes resilience.

Having grit during final exams is important for academic success because it pushes us through a stressful moment with the end goal of finishing an exam, a class, or graduation. Unfortunately, we may not always make a grade that we have hoped for or finish a project as strongly as we wanted, this is when resilience comes into play. Being resilient, especially, after an unfavorable event occurs, is important to be able to come back and having the grit to perform better the second, third, or fourth time. It is holding on and achieving that goal no matter how many times it takes.

Resilience is not a sprint, it is a marathon. It takes time, strength, and encouragement from those around you. In the end, you’ll look back and see how far you have come.

Ways to Build Resilience:

1. **Develop self-awareness**- knowing how you respond to stress and adversity allows for more adaptive strategies.
2. **Build self-regulation skills**- it is important to remain focused during stress and adversity. Stress-reduction techniques such as breathing exercises can help regulate emotions, thoughts, and behaviors.
3. **Learn coping skills**- coping skills such as journaling, exercise, socializing, and good sleep habits, can help deal with challenging situations.
4. **Increase optimism**- optimism can help with feeling in control of outcomes. Focusing on positive, problem solving steps increases optimism.
5. **Strengthen connections**- having solid social connections help build resiliency.
6. **Know your strengths**- this will make you more capable and confident

References:

https://www.everydayhealth.com/wellness/resilience/
https://positivepsychology.com/5-ways-develop-grit-resilience/
https://www.canr.msu.edu/ner/what_does_it_mean_to_have_grit

What Is Resilience? Definition, Types, Building Resiliency, Benefits, and Resources | Everyday Health