

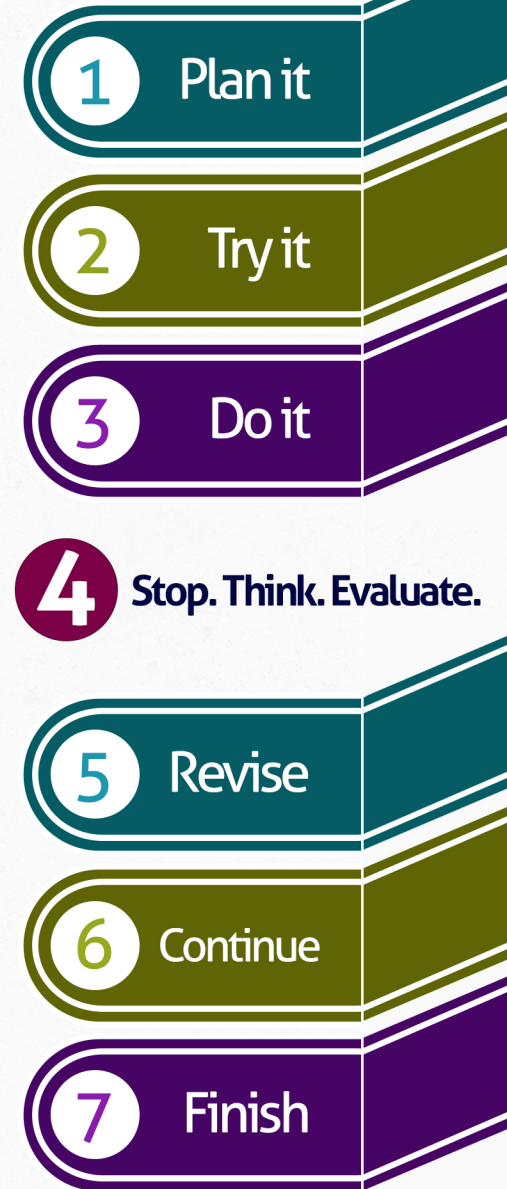


### 3 | Resiliency Study Tips

- A | Understand who you are, what you can do. Make plans accordingly.
- B | Practice good **time management**. Good time management skills are a gift to you and others.
- C | It requires courage to seek help. **Reach out!**

# Get Motivated

Strategies for Discipline & Study Habits



# Motivational Checklist for Lectures and Readings

Title of Lecture/Readings:

Course Title:

Date:

Identify key points to consider from this lecture/reading:

Lingering questions:

What am I going to do about these questions?

What connections am I making to other courses/life experiences?

What do I need to do to focus on making this more meaningful and memorable?

*Adapted from Alderman, M. K. (1999). Motivation for achievement: possibilities for teaching and learning*

According to Reivich & Shatte, (2002), there are three strategies that can help to gain resiliency.

**Calming** helps to reduce stress and gain control of one's emotions.  
(Can take 5 minutes)

**Focusing** addresses thoughts and helps to intrude and interrupt ineffective thoughts. (Can take 5 minutes)

**Real-time resilience** needs to be practiced after emotions and thoughts are back in control. It challenges and gives perspective. It offers alternative ways of thinking and explores the possibility of a different outcome than the initially imagined one. Practice completing the sentences below as part of real-time resilience.

## Calming

- Breathing
- Muscle relaxation
- Meditation

## Focusing

- Address intrusive thoughts with games, songs, exercise

## Real-time Resilience

- "A more accurate way of seeing this..."
- "That's not true because..."
- "A more likely outcome is..."

Resilience cycle on the back flap adapted from:  
Bradford, E. (2013) Health & Wellness Department, UTSC  
Reivich, K. & Shatte, A. (2002) *The Resilience Factor*, Broadway Books