

NAU
NORTHERN
ARIZONA
UNIVERSITY

Student Affairs

NAU RESILIENCE PROJECT

ABOUT THE SITE



NAU is launching the Student Resilience Project in Fall 2020. The faculty/staff implementation guide will introduce you to the project and offer suggestions on how you might decide to use it in conjunction with your own curriculum, with an individual student, or for your own benefit.

The NAU Resilience Project is a web-based and research-informed toolkit developed to encourage student wellness through stress-management and a sense of belonging. The website features videos, activities, and interactive resources - including podcasts by campus experts.

Table of Contents

Who leads this project?.....	3
What is the NAU Student Resilience Project?	4
What does the NAU Student Resilience	5
Is this required?.....	6
How does the program keep track of student progress and completion?	6
Why is this project necessary?.....	7
List of components.....	9

Who leads this project?

NAU Vice President for Student Affairs and the Assistant Vice President for Health and Wellness are proud to support this major effort.

The Student Resilience Project is being overseen by:

- Campus Health Services' Health Promotion Office



What is the NAU Student Resilience Project?

The project is a trauma-informed educational tool that was developed by expert faculty and staff at Florida State University. The project is:

- an online, evidence-informed, universal public-health-style prevention program.
- designed to strengthen student emotional and academic coping skills.
- strength-based and trauma-informed.
- intended to encourage self-awareness and personal growth, whether or not students have experienced prior trauma.
- designed to supplement existing educational and counseling interventions.
- created to increase connection of students with valuable NAU and community resources.
- intended to destigmatize mental health issues and encourage help-seeking.
- being studied to test the effectiveness of large-scale universal prevention.

NAU students will find the project believable, trustworthy, and accurate.



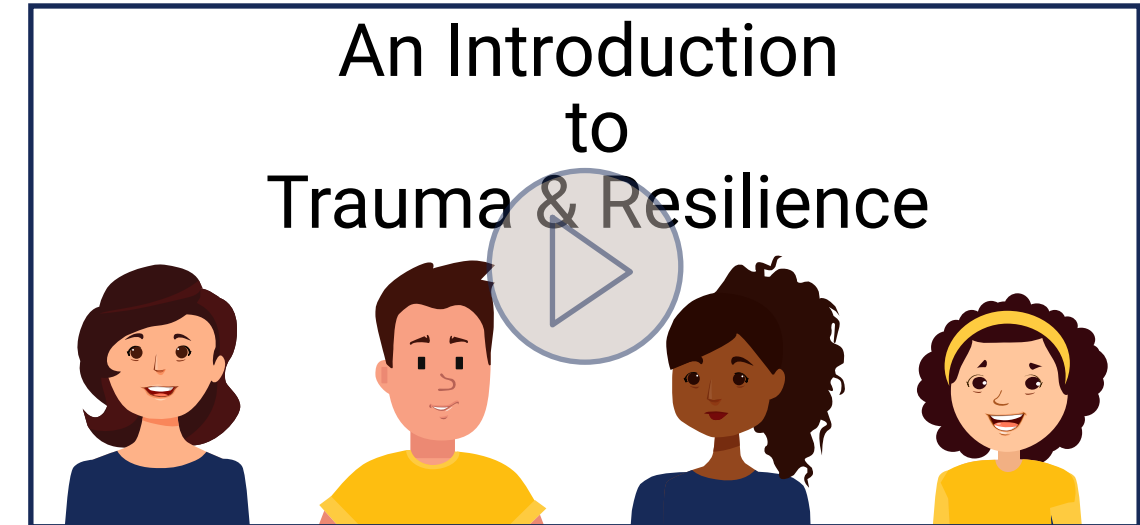
What does the NAU Student Resilience Project offer students?

- positive, self-affirmative and restorative narratives helping students reinforce their core values
- exercises to help students discover their strengths
- multimedia, interactive audio, video, animated resilience, and coping content
- exercises to help students practice their new skills
- information about healthy relationships
- additional content specifically for graduate and international students
- The *Reach Out* page has many campus and community resources arranged by topic.

INTRO VIDEOS	<ul style="list-style-type: none"> ✓ Introduction to Trauma ✓ Introductions to Resilience 	MY VALUES	No Values Selected
WHAT I WISH I KNEW VIDEOS	<ul style="list-style-type: none"> ✓ Overwhelmed ✓ Culture Shock ✓ Breakups ✓ Homesickness ✓ Decisions about Alcohol ✓ Finding Your Way 	MY STRENGTHS	Flexibility, Creativity, Kindness
TALKS	<ul style="list-style-type: none"> ✓ Intrusive Thoughts ✓ Students of Color ✓ Your Brain & Exercise ✓ Frustration Tolerance ✓ Grief & Loss ✓ Depression ✓ LGBTQ+ 	MINIMUM REQUIREMENTS FOR COMPLETION	<ul style="list-style-type: none"> ✓ Introduction to Trauma ✓ Introduction to Resilience ✓ 2 Talks (2/2 completed) ✓ 1 Skill (1/1)
		CERTIFICATE OF ACCOMPLISHMENT	

Is this required?

- The project is not required but is highly encouraged for all incoming first year and transfer students.
- Completion requirements include the following elements of the program:
 1. **Watch 2 videos: *Introduction to Trauma* and *Introduction to Resilience***
 2. **Listen to at least 2 audio clips of the student's choice**
 3. **Learn one new skill in the Skills section**
- Individual university units, departments, or courses may opt to require it of their students as part of their employment process or for extra credit.



How does the program keep track of student progress and completion?

- The project rewards students' ongoing progress with icons on their student accomplishment dashboard.
- Students are provided a Certificate of Completion upon fulfillment of the minimum required modules.



Why is this project necessary?

- NAU students report that stress, sleep, and anxiety are their top 3 health barriers to academic achievement. (NCHA-2019, N=529)
- NAU students report high levels of anxiety, sadness, and hopelessness. (NCHA-2019, N=529)
- NAU Students also report increasing levels of self-harm and suicidal ideation. (NCHS-2019, N=529)
- It is an NAU priority to help students thrive by providing a culturally competent program that increases students' sense of belonging, connectedness, safety, and well-being

NAU is proud to be the first university in the country to implement the research-based, comprehensive resilience project developed by experts at Florida State University.



Helping students through difficult times is not easy, and we hope that the project will facilitate a better experience and better outcomes for struggling students. If a student comes to you, you will now have another resource to refer that student to, in addition to counseling resources on campus. The Reach Out page has many campus and community resources arranged by topic.

A screenshot of a website interface. At the top left, the text reads "WHAT I WISH I KNEW". At the top right, it says "Welcome NAU TestManager!" with links for "Dashboard", "Help", and "Logout". The main heading is "MY FIRST SEMESTER OF COLLEGE" followed by the sub-heading "THESE STUDENTS OVERCAME CHALLENGES AND BUILT RESILIENCE." Below this is a large play button icon. A text prompt says "Click the photos to hear their stories and then get connected to resources." There are three photo thumbnails: the first shows a woman with the caption "OVERWHELMED", the second shows a woman with the caption "CULTURE SHOCK", and the third shows a man with the caption "BREAKUPS".

Assignments related to this project are not meant to be used to delve into personal or health information about a student. Students are entitled to educational and health privacy under law. If a student discloses personal information to you, please be aware of rules in the faculty handbook and that you may be required to make a report to the Title IX Office or campus police.

Here is a list of components (in approximate order of introduction):

- **Introduction Video:** short 45-second animated video introducing the project.
- **Values Page:** NAU values and Student values – NAU affirms and supports your positive values and encourages your growth toward resilience.
- **Identify your strengths:** focusing on the strengths that got you to NAU and how to build on them.
- **Introduction to Trauma and Resilience:** 2 Videos; 1) an Introduction on the effect of trauma on health and 2) Introduction to Resilience .
- **What I Wish I Knew Videos and Action Plans:** positive student stories demonstrating resilience, belonging, and purpose; and connections to campus resources for selected topics relevant to incoming freshmen, graduate, and international students.
- **Real Talk:** 12 short Ted-talk style descriptive audios from faculty and staff on topics including understanding anxiety & depression, building frustration tolerance, managing grief, support for students of color, support for LGBTQ+ students, meditation, and benefits of exercise.
- **Healthy Relationships:** information on building healthy relationships, values, deal breakers/boundaries, and resources for someone in an unhealthy relationship.
- **Skill-building page:** explaining the benefits of, and exercises for: writing to relax, breathing, mindfulness, yoga, music therapy, sleep, and relaxation.
- **Resources:** campus and community resources.
- **Link to Voluntary Survey:** Students are encouraged, but not required, to complete the survey and can receive their Certificate of Accomplishment for the training website regardless of whether they choose to participate in the survey.

Please feel free to contact Melissa Griffin, Director-Health Promotion, should you have any questions about the project (928)523-6867 or Melissa.Griffin@nau.edu.



Student Affairs

Bounceback NAU
nau.edu/bounceback