



ARC Presents Conference 2022: A More Resilient Future

The Academic Resilience Consortium (ARC) is a collaborative community dedicated to promoting academic resilience in higher education to help college students *learn, thrive, and attain their goals*. ARC announces the international *Conference 2022: A More Resilient Future*, on March 29-30, 2022, Florida State University, Tallahassee, FL.

Conference features include:

- many exciting networking, strategy, and training opportunities at the live venue, including an interactive Resilience Welcome Reception
- an Active Resilience Café where participants can rotate to multiple topic stations
- a virtual live-streamed option for those who wish to attend the conference sessions remotely
- reduced conference fee and post-conference access to recorded proceedings (for ARC members only)

Call for presentation proposals:

Deadline - October 1, 2021

Application link: https://fsu.qualtrics.com/jfe/form/SV_9z6fmgCFguUAMpo.

Conference info and updates: <https://academicresilience.org/conferences/>

I invite you to join the ARC today to enjoy all the member benefits, including the reduced conference fee.

Karen Oehme, ARC Chair (Chair@AcademicResilience.org)

Also in this issue:

- **ARC Member Benefits** | Page 2
- **Spotlight on Boston University's Staff and Faculty Resilience** | Page 3
- **Fall Webinar Series: ARC Explores** | Page 4
- **ARC Sponsorship Information** | Page 4
- **Spotlight on ProjectConnect** | Page 5
- **New Online Resilience Resources** | Page 6
- **ARC 2022 Conference** | Page 7

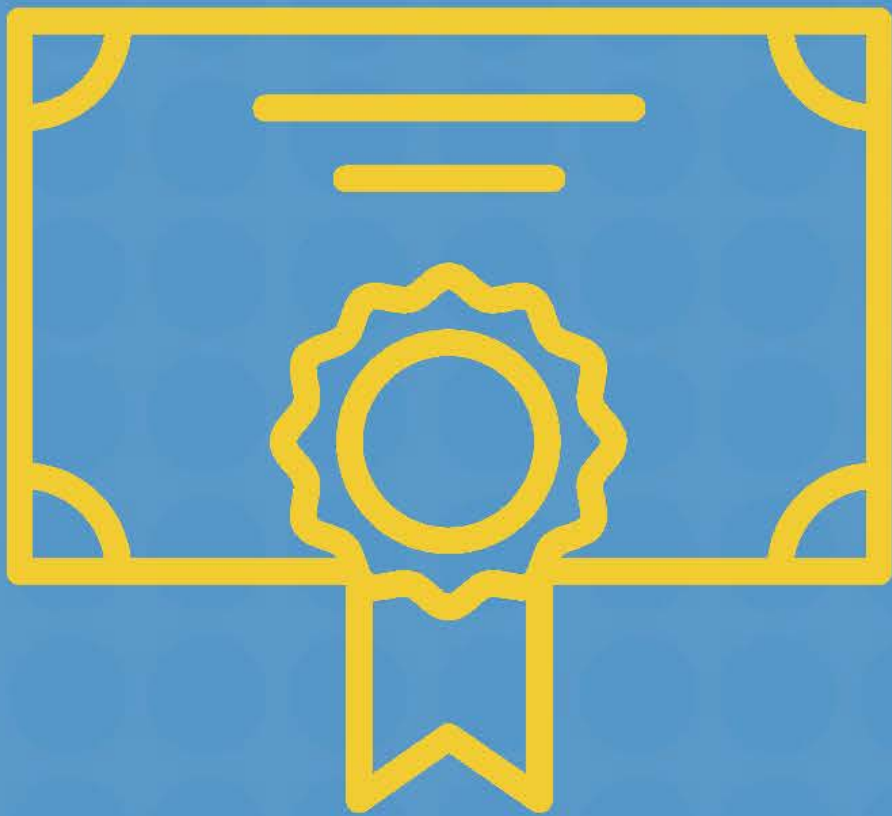


JOIN TODAY!

BENEFITS OF MEMBERSHIP

In the Academic
Resilience
Consortium

(AcademicResilience.org)



Annual Membership includes:

- Access to new free resources each month
- Quarterly newsletter **ARConnections**
- Free webinars (no masks required); 2021 topics include:
 - Lessons from COVID-19
 - How Anti-Racism Supports Resilience
 - LGBTQ+ Pride and Resilience... And Many More
- Access to colleagues' pioneering, cutting-edge interventions & research, including resilience efforts world-wide
- Downloadable ARC posters for new knowledge/skill building
- Opportunities to present at conferences/workshops
- Membership/Training recognition
- Advance your scholarship; spotlight your campus innovation
- Avoid FOMO (fear of missing out)

Don't miss out! Join today for 2021
<https://academicresilience.org>

(Individual membership may be discounted depending on institutional membership)



Spotlight on Boston University

Pause for Wellness: Focused Listening & Learning Sessions for Faculty & Staff Wellbeing

Courtney Joly-Lowdermilk, Program Director, College Mental Health Programs, Boston University

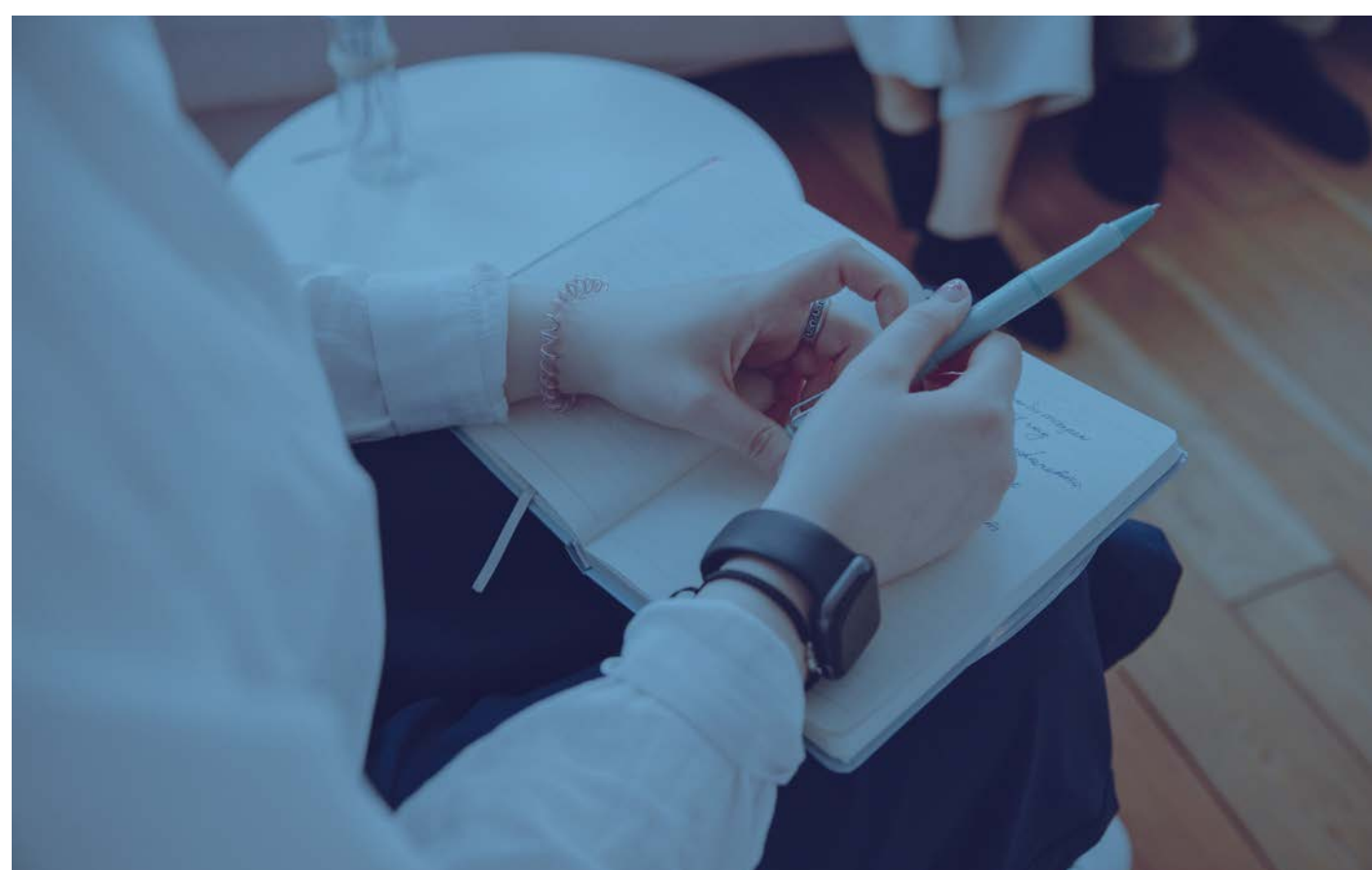
In the spring of 2020, the stressors of the pandemic, the impending election, and movements to eradicate racial injustice mounted and challenged every institution of higher education to respond swiftly and meaningfully to support students as well as the hard-working professionals who support students. The Advising Network at Boston University, a standing committee of over 1,100 staff and faculty advisors, leveraged its regular professional development meetings as a touch point for checking in with faculty and staff, and the resulting Pause for Wellness series has become a notable, replicable program for enhancing vocational, social, and emotional wellbeing as well as community and connection.

Pause for Wellness is an invitation to unplug and step away from the demands of work to recharge, connect with colleagues, build community, and possibly explore ways to meaningfully build wellness practices into your day, life, and work.

The vision for the Pause for Wellness series at BU started when founding partners Laura Johnson, Assistant Provost for Undergraduate Advising and Taryn Andrea, professional academic advisor and chair of one of the Advising Network Subcommittees, and professional academic advisor and Jeff Sierra invited the Center for Psychiatric Rehabilitation, a world-renowned center for training and service organization housed at BU, to facilitate a conversation with the meeting group on the topic of balance. Founding partners and presenters Courtney Joly-Lowdermilk and Juan Leon Parra, College Mental Health Programming leadership at the Center for Psychiatric Rehabilitation, turned to their roots in academic resilience and emotional agility and rolled out the first session of Pause for Wellness with an exercise focused on personal satisfaction across the eight domains of wellbeing. In just one hour, the group of advisors created an unprecedented space for sharing and connecting, and the self-reflection and support they offered one another was astounding.



The pillars of resilience – strong relationships and support networks, self-awareness and self-care, and purpose and meaning – as well as feedback and program evaluation data gathered through an anonymous survey at the end of the session, informed the topics for the 2021 series. Themes included “Making Time for Your Wellness,” “Fostering Hope,” and “Navigating a New Normal.” The promising program evaluation data confirmed high interest and investment as well as longing for connection and community:



“We do work that can be emotionally draining at the best of times, and I welcome more chances for us to share things with one another.”

“It was just nice to hear that other people are having a hard time as well. Not that I want anyone to have a hard time, but it's helpful to know that we're not alone.”

Ultimately, the listening sessions are well-facilitated spaces for sharing, thinking, feeling, and responding. Advisors, after all, create these spaces for students all year long. Pause for Wellness is their opportunity to process and grow with the support of peers, and regardless of the theme, the outcomes across the sessions are the same: organizational growth and development, idea generation across disciplines, and exploration of wellness in the workplace and beyond. Pausing for wellness cultivates personal and organization-wide resilience and excellence.

If you are interested in bringing Pause for Wellness to your campus, contact Joly-Lowdermilk at cjoly@bu.edu or call 617-483-3827.

For ARC Members only:

SEPTEMBER

OCTOBER

NOVEMBER



Members will receive the dates/times in an email, or check the website at academicresilience.org

**ARC Explores
Fall Webinar
Series**

Our ARC Sponsors

Inspire. Energize. Champion. Transform.

ARC sponsors are valued partners who share and support the mission of the Academic Resilience Consortium. Sponsorship donations inspire, energize, champion, and transform the capacities of higher education to understand and promote academic resilience and create equitable educational environments.

The Benefits of Sponsorship

- Associate your brand with a thriving and forward-thinking coalition of leading faculty, student affairs professionals, students, and decision-makers in higher education. Elevate your brand recognition and promote your reputation as an innovative force in a shared mission.
- Interact closely with ARC members to develop your client/colleague relations and promote the intersections between your mission and priorities and ours.
- Stay attuned to the current and emerging trends, concepts, and language related to student resilience and success, to position your services or products at the forefront of your market.
- Access the expertise of the ARC membership to inform and develop the mission, staff, and products of your organization or institution.

Contact: chair@academicresilience.org



Spotlight on ProjectConnect



Six Strategies for Building Connection and Community on Campus

Jessica Gifford, LCSW, Founder and CEO of WellStudent

Did you know that half of students meet the criteria for loneliness (1)? Students crave meaningful connection, and this need has only intensified with the pandemic.

I became interested in building student connection when I learned that connectedness is more important than any other factor in preventing suicide (2,3). Further research showed that it is also essential to student satisfaction, retention, and graduation rates, not to mention overall physical and mental health (2-5)

I have come to see connection as a key leverage point—and believe that helping students develop strong, healthy peer networks will increase the overall resilience of the student body and alleviate many of the biggest problems facing colleges (mental health concerns, attrition, social divides).

Unfortunately, many students are having difficulty forming meaningful, supportive friendships on their own. They may have an abundance of extracurricular activities and social opportunities to choose from, but few of these successfully facilitate students getting to know each other on a deeper level. I created ProjectConnect to fill this gap.

ProjectConnect is an evidence-based, peer-facilitated program that takes groups of 4-6 students through a series of questions and activities that build closeness, connection, and community. Groups meet for five weekly 1-hour sessions. In this short period of time, participants significantly reduce loneliness, establish meaningful peer connections, and most importantly, rave about the experience, with 98% saying they would recommend ProjectConnect to a friend.

ProjectConnect incorporates all of the Six S's of Building Connection and Community. The more of these six strategies you are able to include in your own connection efforts, the more powerful the results.

1. **Small.** Groups of 4-6 participants gives students the opportunity to get to know one another. Large events, such as games, concerts, speakers' series, etc. can generate positive energy, but do not facilitate the type of interpersonal interactions that create friendship.
2. **Structured.** Structured activity and a clear focus help put students at ease—especially those who identify as introverts. Picture the social anxiety of entering the dining hall alone, trying to find a place to sit, vs. being assigned to a table with a specific group and a topic.
3. **Sustained** over time. Exposure leads to familiarity, which leads to liking, which leads to forming friendships. Students may meet peers at one-off events but are unlikely to feel comfortable enough to initiate follow-up before they get to know each other better.
4. **Shared** experiences. We like people who hold shared values, identities, and interests. Finding things in common is one of the fastest ways to strike up conversation and build relationships.
5. **Self-disclosure.** Creating openings for students to talk about themselves and the things they care about speeds up the process of getting to know each other and facilitates empathy and closeness.
6. **Safe.** Physical safety is a pre-condition of healthy connection. The less familiar psychological safety is defined as confidence that our voice and perspective are valued, and that we will not be embarrassed, rejected or punished for speaking up. This does not mean avoiding conflict or accountability, but rather navigating difficult conversations with a foundation of trust and respect. This creates an atmosphere that allows students to be themselves. (*Contact Jessica@WellStudent.co*)

Works Cited:

1. ACHA-NCHA. 2. Whitlock, J., Wyman, P.A., Barreira, P. (2012). Connectedness and suicide prevention in college settings: Directions and implications for practice. Retrieved from <http://www.selfinjury.bctr.cornell.edu/perch/resources/connectedness-suicide-prevent.pdf>. 3. Promoting Individual, Family, and Community Connectedness ... (n.d.). Retrieved from https://www.cdc.gov/violenceprevention/pdf/suicide_strategic_direction_full_version-a.pdf. 4. Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (n.d.). Social Relationships and Mortality Risk: A Meta-analytic Review. Retrieved from <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1000316>. 5. McCabe, J. M. (2016). Connecting in college: how friendship networks matter for academic and social success. Chicago: The University of Chicago Press. 6. Framework for building connection, developed by Jessica Gifford.

New Resilience Resources

Bibliography & Webinar Recordings



The Resource Library webpage on the ARC website expands each month. This month we added a brand new Annotated Bibliography on the topic of resilience. Categories of scholarly papers on the topic include college students, families, children, women, older adults, and more. The list is easily amended, so if you've found another publication that we've missed, please let us know.

<https://academicresilience.org/resource-library/>

**For new content, click the box for
"Resources Added in the last 60 days"**

Webinar Recordings: The Resource Library also includes recordings of all the Spring 2021 webinars in the ARC Explores series.

April 2021- Resilience Programs in the Context of COVID-19

May 2021- Resilience in the Face of Racism

June 2021- Fostering Resilience for LGBTQ+ Students

**If you need a Certificate of Training, please email us at
Chair@AcademicResilience.org**



ARC'S NEWEST CONFERENCE:

A More Resilient Future

**SAVE THE DATE:
MARCH 29-30, 2022**

**Location: Florida State University,
Tallahassee, FL
Turnbull Conference Center**

- Exciting in-person conference, with hybrid live-streamed sessions
- Multiple creative networking opportunities for higher education professionals
- Wide range of topics relating to student and institutional resilience

Call for Presenters is now OPEN!
Registration opens August 2021