Resilience and Overcoming Challenges

Objective
To have students reflect on the attitudes, people, skills, and resources they have utilized in both the trials and triumphs in their lives, to recognize their own resilience in overcoming difficulties, and to acknowledge the role personal responsibility plays in resilience and success. Students will also look forward and identify challenges that they may personally expect to face at some point in their college career and then identify the resources available at USU and within their personal support network to assist in meeting each specific challenge.

Description:
1. Resilience Activity: Each student will complete the timeline activity (in class or as homework and then bring to class). Guide students through a discussion of the timeline activity. This could be done in smaller groups or with the entire class. Use examples from your own life to illustrate the importance of not giving up when challenges occur.

![Timeline Activity Diagram]

2. Overcoming Challenges Assignment: Students will complete the Overcoming Challenges Assignment in Canvas.

Make a Connection:
Prompt students to consider the following:
1. Read the sections; “Character” pp. 15-16, “Learners are Courageous” pp. 41-42, and “Learning Requires Humility” pp. 43-44 in Becoming A Learner. Discuss with a roommate, parent, or friend how becoming more resilient impacts character and vice versa.
2. Consider creating a lifeline for Sonia Sotomayor using the events in My Beloved World.

Instructional Time: 45-90 minutes
Required Assignment: YES
Points: 50

Relationship to Big Questions:  
Resilience & Overcoming Challenges

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