Winthrop College of Resilience

The magic of inner strength
What does “resilience” mean?

noun re·sil·ience \\ri-ˈzil-yən(t)s\\

Simple Definition of resilience

• the ability to become strong, healthy, or successful again after something bad happens
• the ability of something to return to its original shape after it has been pulled, stretched, pressed, bent, etc.

(Merriam-Webster, n.d.)
APA’s The Road to Resilience

Make connections.
Avoid seeing crises as insurmountable problems.
Accept that change is a part of living.
Move toward your goals.
Take decisive actions.
Look for opportunities for self-discovery.
Nurture a positive view of yourself.
Keep things in perspective.
Maintain a hopeful outlook.
Take care of yourself

(American Psychological Association, n.d.)
Winthrop College of Resilience:
The Magic of Inner Strength

Session 1 - Make connections
Session 2 - Build relationships
Session 3 - Crises are not insurmountable obstacles!
Session 4 - Change is a part of living.
Session 5 - Move toward your goals… take decisive action!
Session 6 - Look for opportunities for self-discovery…
Session 7 - Nurture a positive view of yourself… maintain a positive outlook.
Session 9 - Self-Care
Session 10 - Wrap up
Harry
- Seeker
- Trauma
- Famous
- Target
- Wealthy
- Orphan

Quidditch
- Brave
- Loyal
- Magic
- Adventurous
- Stand up for what's right

Ron
- From the Wizarding World
- Family struggles

Hermione
- “Mud-Blood”
- Academic
- High Achiever
- Girl
- Gifted

Only Child
- Love

“Mud-Blood,” Academic, High Achiever, Girl, Gifted
Crises are not insurmountable obstacles!

“I don’t go looking for trouble. Trouble usually finds me.”

Harry Potter
Conflict Continuum

Discomfort → Pain → Crisis
Change happens!
Acceptance.

All the art of living lies in a fine mingling of letting go and holding on. —Havelock Ellis
Move toward your goals and take action!
“Life is like riding a bicycle. To keep your balance, you must keep moving.”

– Albert Einstein
For in dreams we enter a world that is entirely our own. Let them swim in the deepest ocean or glide over the highest cloud.

-Albus Dumbledore
Nurture a Positive View of Yourself
Keep Things in Perspective

(Binder & Betan, 2013).
Self care.

When the dog bites, When the bee stings,

When I'm feeling sad...
What is in my care kit?
Tangible Take-Aways

Wands               Patronus Pins
Lanyard w/ Pins     Puzzle
Remembrall          Marauder’s Map
Solution Serum      Folder
Is Group Effective?

Pre and Post Test
• The Brief Resilience Scale
• APA Road to Resilience

Paired Samples T-test was significant at the .00 level, with a large effect size.

Before Group (M=43, SD 5.56)
After Group (M=51.53, SD 6.61)
"Everyone has struggles. What makes us resilient is how we change from them."

"(the group) takes something that we love and pulls truth out of it."

"I am resilient because of my imperfections and because I have a past... because I am alive and can get through anything."

"I will be able to get through a crisis no matter what it is."

"...too short."

"...learned more about my insecurities and self-care."
What’s Next?

19 Years Later

Who’s Harry Potter?

"Use the force, Harry"

- Gandalf
What about you?
References


