

# BOUNCE BACK

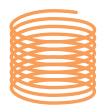
Retention Program

AUTHORED BY:

Maria Andujo Hanger, Ph.D.

Amy Schmitz-Sciborski, Ph.D.

Marsha Weinberg, L.C.S.W.



## **Bounce Back Retention Program**

FACILITATOR AND COACH MANUAL

Special acknowledgment is given to the Aztec Parents Association for their generous support of the Bounce Back program.



Property of San Diego State University,

Division of Student Affairs,

Counseling and Psychological Services.

© 2007, All rights reserved.

Designed and Illustrated by Kristin Konz McMahon

### **Contents**

### part one

#### THE MAKING OF THE BOUNCE BACK RETENTION PROGRAM

3	ln	tr	0	du	ct	i	on

- 7 The Bounce Back Retention Program: Research Based Development
- **7** Retention
- **13** Resiliency
- 17 Why Does Bounce Back Work? Using Theory to Understand the Bounce Back Retention Program
- 19 Bounce Back Participants
- 20 The First-Year Student
- 20 The First-Generation College Student
- 22 The English-as-a-Second-Language Student
- 23 The Non-Traditional Student
- 23 The Working Student
- 24 The Transfer Student
- 24 The Student without Direction
- 25 The Student with Special Needs
- **26** The Student in Crisis
- **26** The Partying Student
- 27 How to Get Started:

The Bounce Back Retention Program Infrastructure

- 33 The Bounce Back Retention Program: At a Glance
- 37 Tips for Successful Bounce Back Classes
- 41 Weekly Bounce Back Topics
- 43 Sample Syllabus

## part two

#### THE FIFTEEN-WEEK PROGRAM

47 53 57 59	WEEK I. Welcome to Bounce Back A Story about Stigma (Examples) Resiliency Factors Worksheet Commit Me Worksheet
61 65	WEEK II. Academic Advising: Navigating Through the Hoops Academic Advising Reflection Questions
67 71	WEEK III. The Power of Persistence Movie Plot Summaries
73 77	WEEK IV. Learning: You've Got Style Learning Experiences Interview
79 83 85 87 89 91 93	WEEK V. The Art of Studying: Take Notes, Read, and Succeed Study Skills and Test-Taking Trivia: Game Show Questions Note-Taking Tips The Cornell Note-Taking System The Cornell Note-Taking System: Example The Cornell Note-Taking System: Template SQ3R: A Reading and Study System The Seven-Day Study Plan
97 101 103	WEEK VI. Where Does the Time Go? Managing Our Most Precious Commodity Daily Schedule Time Management Worksheet
105	WEEK VII. Meet Your Academic Advisor
109 113 115	WEEK VIII. Don't Delay: Overcoming Procrastination Procrastination Survey Procrastination Survey Answer Key
117 121	<b>WEEK IX. Gracious Gratitude: The Importance of Social Support</b> The Many Packages of Support
123 129 131 133 135 137	WEEK X. Creating Calm in a High Stress World The Stress Test: Taking Care of Yourself Behavioral Stress Management Tips: Staying Balanced Mind over Matter: Changing Your Thoughts to Change Your Mood Helpful Hints on Making Yourself Even More Miserable Stress Management Plan

139 145 147	<b>WEEK XI. Who Am I? The Importance of Self-Understanding</b> Value Card Sort Worksheet TypeFocus™ Worksheet
149 153 155 157 159	WEEK XII. Feeling Groovy: Mastering Emotion Regulation Positive and Negative Affect Scale (PANAS) Get Control of Your Emotions Thinking Barriers Worksheet Questions for Your Own Defense Attorney
161 167 169 171	WEEK XIII. Finding Meaning in Life Sample Guided Imagery Compassion and the Individual Viktor Frankl Quote (Optional Incentive)
173	WEEK XIV. My Makeover: Before and After Shots
177 181 183 185	WEEK XV. Congratulations to the Graduate!  Dear Future Bounce Backer Letter Instructions for Life Certificate of Completion

## part three

#### ADDITIONAL RESOURCES

187	Additional Resources
191	Alternative Activity. Welcome to Bounce Back
193 195	Alternative Activity. Gracious Gratitude: The Importance of Social Support Social Circles Worksheet
197 199	Alternative Activity. Creating Calm in a High Stress World How Would You Cope Worksheet
201	Bibliography & Recommended Reading
211	Copyright Material