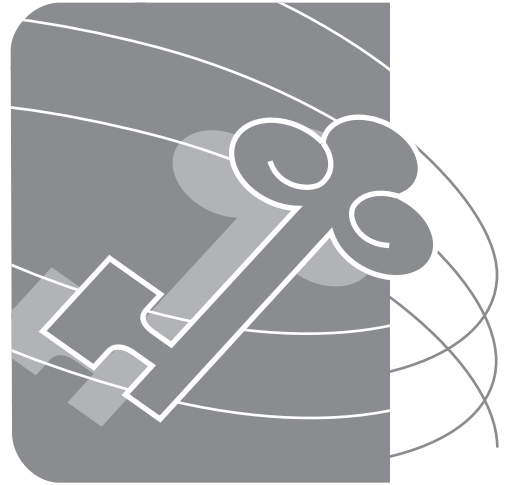


part two



▶ **THE FIFTEEN-WEEK PROGRAM**



Week I.

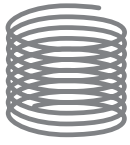
WELCOME TO BOUNCE BACK

What's in store?

- ▶ Get the feel of Bounce Back
- ▶ Learn more about resiliency

Strengthen your Resiliency:

Motivation, Optimism, Confidence



Bounce Back Notes

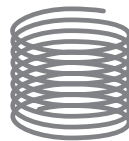
"I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

► *Michael Jordan*

Resiliency Factors

- 1 **PERSISTENCE:**
the ability to hold to a particular goal despite obstacles and frustration; persevering in spite of opposition
- 2 **MOTIVATION:**
the internal drive to achieve and succeed
- 3 **GOAL ORIENTATION:**
the ability to work towards eventual rewards; the ability to delay gratification
- 4 **OPTIMISM:**
the ability to take a favorable view of events or conditions; the expectation of a positive outcome
- 5 **CONFIDENCE:**
the belief that long-term goals can be achieved; the belief in oneself and one's powers or abilities
- 6 **COGNITIVE RESTRUCTURING:**
the ability to see the good in the bad
- 7 **EMOTION REGULATION:**
the ability to distance oneself from intense feelings; the ability to modulate arousal
- 8 **DECISIVE RISK-TAKING:**
the willingness to try something outside of one's comfort zone
- 9 **RAPID RESPONSE TO DANGER:**
the ability to adapt to the requirements of a crisis to avoid harm

- 10 **INTERNAL LOCUS OF CONTROL:**
the belief that one's actions determine outcomes; a feeling of personal responsibility for one's successes and mistakes
- 11 **INSIGHT:**
the awareness of one's abilities and limitations; clear and deep perception
- 12 **SELF-EFFICACY:**
the conviction that one can successfully act in a manner that produces a particular outcome
- 13 **ALTRUISM:**
the unselfish concern for the welfare of others
- 14 **CONNECTION TO OTHERS:**
the ability to elicit support and positive responses from people
- 15 **UTILIZATION OF RELATIONSHIPS:**
the ability to seek help and support in times of need
- 16 **PARTICIPATION IN EXTRACURRICULAR ACTIVITIES:**
the engagement in a network of peers with a common bond to work cooperatively towards a goal



Commit Me Worksheet

I,, commit to

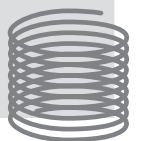
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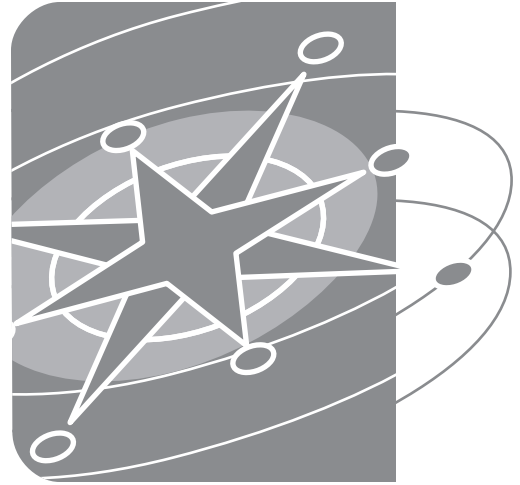
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signature

date





Week II.

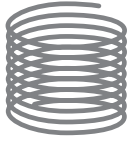
ACADEMIC ADVISING: NAVIGATING THROUGH THE HOOPS

What's in store?

- ▶ Learn the academic standards of your school
- ▶ Learn how to calculate your G.P.A.
- ▶ Know the inside scoop on how to improve your academic standing

Strengthen your Resiliency:

Utilization of Relationships, Connection to Others



Bounce Back Notes

*"English? Who needs English?
I don't have plans to go
to England."
▶ Homer Simpson*

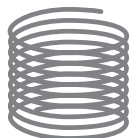
Academic Advising Reflection Questions

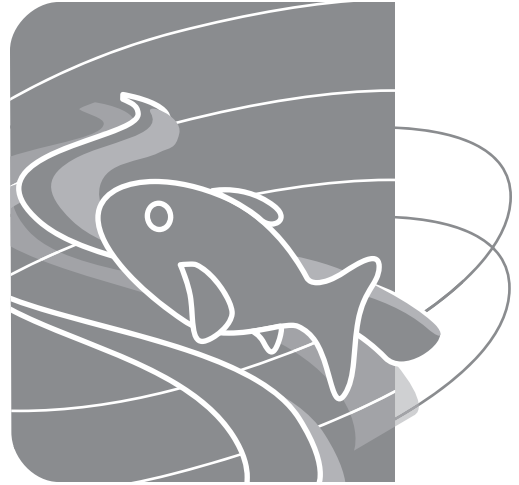
- 1 *What did you learn from this Academic Advising presentation?*
- 2 *How will you make use of what you learned today?*
- 3 *What steps do you need to take to remove your probationary status?*
- 4 *On a scale of 1-10, how motivated are you to get off of probation this semester?*
- 5 *If you did not give yourself a 10, what needs to change to get to a 10?*
- 6 *How is this semester different for you compared to the previous semester?*
- 7 *What is getting in the way of returning to good academic standing?*
- 8 *How can you address these obstacles?*

What tools do you need?

Where can you go for help?

- 9 *My goal for the week is:*





Week III.

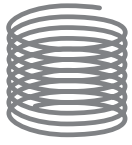
THE POWER OF PERSISTENCE

What's in store?

- ▶ Learn how persistence contributes to academic success
- ▶ Tap into your own persistence

Strengthen your Resiliency:

Persistence, Self-Efficacy



Bounce Back Notes

*"Pain is temporary.
Quitting lasts forever."
▶ Lance Armstrong*



Movie Plot Summaries

TOUCHING THE VOID

This true life adventure takes place in the mid-1980s. Two master mountain climbers experience a catastrophic event as they descend from the summit of Siula Grande in Peru. The tragedy that occurs is fraught with ethical and moral implications. Perhaps the most remarkable aspect of the film is the demonstration of persistence in light of life or death. Interviews with the actual climbers are interspersed throughout the film.

Touching the Void: Adapted from IFC Films, FilmFour and the UK Film Council

LOST BOYS OF SUDAN

This film is a documentary which follows the lives of two young boys who endure unimaginable life events as they struggle to survive. The ability to rise above extraordinary adversity is presented through the personal and moving experiences of Peter and Santino.

Lost Boys of Sudan: Adapted from Actual Films and Principe Productions

THE PURSUIT OF HAPPYNESS

Will Smith stars in this gripping movie about Chris Gardner, a single father struggling to create a better future for himself and his son. Despite financial adversity and eventual homelessness, Chris obtains a position at a brutally competitive stock-broker training program. Eventually, Chris Gardner rises above the obstacles to become a Wall Street legend.

The Pursuit of Happiness: Adapted from Columbia Pictures

