Invite, Invest, Inspire: Counseling Activities to Foster Resilience in Students

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Today’s Youth: Generation iY
(Dr. Tim Elmore: www.growingleaders.com)

- Today’s children are recipients of the world we have created.
- Because of technology, kids don’t need adults for information….they need us for interpretation.
- We need to rethink how we are connecting with and teaching this generation.
Generation iY: A Generation of Firsts

- Can broadcast every thought and emotion
- Enjoy external stimulation at their fingertips 24/7
- Although they are in social contact at all times, they are also in isolation.
- Will learn more from a portable device than a class.
- Adults have actually enabled them to be narcissistic.
The Positives for Generation iY:

- They are confident (everyone wins)
- They are social (but maybe not relational?)
- They are tech savvy
- They are family oriented but other focused.
- They are influential.
- They have the capacity for amazing things!
Their World is Full of.....

- Speed....consequently, they think slow is bad
- Convenience.....hard is bad
- Entertainment.....boring is bad
- Nurture.......risk or hardship is bad
- Entitlement ....hard work or labor is bad
Their greatest needs are:

- Emotional intelligence
- Character development
- Strengths discovery
- Leadership perspective
- The awareness of a world outside themselves that needs what they have to offer.
- Some lessons in hard truths.
Hard Truths

- Bad things do happen (to good and bad people)
- Much of what happens is beyond our control
- Life, though wonderful, is not easy
- Kids experience ups and downs regardless of life circumstances.
- Much of what happens in life is unexplainable, incomprehensible, and challenging.
Why am I here??????

"IF THE ONLY TOOL IN YOUR TOOLBOX IS A HAMMER, THEN EVERYTHING IS A NAIL."

- Adapted from Anonymous
Resilience Defined:

“A student’s ability to effectively manage stress, make healthy choices, avoid self-destructive behavior, and develop into an emotionally healthy adult.”

(Benard, 1991)
Research on Resilience

- A landmark longitudinal study by Werner & Smith (1989) found that resilience is developed by:
  1. The opening up of opportunities
  2. The development of educational and vocational skills
  3. The support of other adults in lieu of a parent who is “incapacitated or unavailable.”
Concept: Students are typically not interested in situations where they are bored. In order to be engaging, counseling activities must be

(a) **Meaningful to the student**

(b) **Fun!**
The Lifeline

- Gives students a chance to “tell their story”
- Allows the counselor to learn about significant life events
- Student chooses what they do and do not share
- Identifying feelings and control validates the student
Feelings/Control

Sad / Fate

happy / mom

excited / mom

Sad / Fate

happy / me

happy / mom

happy / mom

sad / Police

Events

0 Born

0 Never got to see Aunt Rita

3 went to preschool

5 Started School

6 Cut open tongue

7 Started playing Football

10 Mother's moved in

11 Moved houses

11 Mike gone

WHAT'S YOUR STORY?

My lifeline
INVEST

**Concept:** Students must be “self” invested (internal) and others must be invested in student success (external).

- Unless students are personally invested in their academic success, little progress will be made.
- Strong support systems at home and at school are necessary to foster academic success.
Activities that Invest

Counselor’s Role: *Identifying students’ internal assets and securing external assets to ensure student success.*

- **Strengths/Talents/Abilities (Internal)**

- **External Resources (Influences)** – Outlets, Igloo of Influence and Inspiration
INSPIRE

Concept: Students will only be inspired if they see what they’re doing as relevant and meaningful.

- Activities should foster responsibility to self and others and should focus on developing skills for success.
- We need to give the HOPE for the future!
Activities that Inspire

Counselor’s Role: *Inspiring student involvement and success in all facets of life.*

- “Playing the Hand You’re Dealt”
- *Future Lifeline*
WHAT'S YOUR STORY?

My lifeline

Events

18 move away from home
me
19 got a good job
me
23 go to college
me
33 finish college
me
35 aug teach
me
36 get married
me
36 have first child
me
38 adopt a child
me
40 work; gave up
me
42 work; gave up
me
45 big house
me
50 go on vacation
me
take care of animals kids
me
70 help old people
me
71 die easily without pain

Feelings/Control

Help me understand.
WHAT'S YOUR STORY?

My lifeline

16 Driving license
18 Graduate from high school
18 Go to college and play football
32 Go to NFL
30 Get married
32 Have a kid
40 Build cars
50 Retire from building cars
60 Visit Florida
60 Become a grandfather

Events

Feelings/Control

happy / mom
happy / me
happy / me
happy / me and wife
happy / me and wife
happy / me
happy / me
excited / me
happy / my son or daughter

Lifetime
Fall 2015: Lucky plays for the Dallas Cowboys!
Reminder for Counselors

- Resilient students have psychological support systems that provide a sense of safety and an environment of encouragement. This system is evident in the way students are meaningfully connected to others.
Are You Resilient?
Are you INSPIREd?
Qualities of a Resilient Counselor

- Trust that human goodness and caring surpass human destruction.
- View oneself as a help amongst a community of helpers.
- Know that most people are capable survivors who possess appropriate solutions for their challenges.
- Recognize that there are forces at work in all our lives that are beyond human understanding.
Ways to Get Inspired:

- I = Imagine the “best case” scenario
- N = Never assume anything
- S = Select IT (Inspirational Thing)
- P = Pay attention to the “a-ha” moment
- I = Invigorate yourself
- R = Recognize that you can’t always fix it
- E = Embrace those who inspire you
It’s All About…….HOPE!

- “When there is opportunity to be grasped and there is hope, then things get better. When there is no hope, things do not. What can I do to help the cause of providing opportunity and hope?”

  Seligman (2002)
“Ships in a harbor are safe......

BUT THAT’S NOT WHAT SHIPS ARE FOR!”

-Alene B. Duerk
First female Admiral – U.S. Navy


