

STUDENTS WHO ARE SUCCESSFUL IN COLLEGE AND LIFE

1. Have Positive Beliefs in Their Abilities

Research has demonstrated that self-esteem plays an important role in coping with stress and recovering from difficult events. Remind yourself of your strengths and accomplishments. Becoming more confident about your own ability to respond and deal with crisis is a great way to build resilience for the future.

2. Have a Sense of Purpose in Their Life

If a student has their eyes on the prize they are less likely to become distracted by the myriad of enticements that college can provide. Remind them of their goals and what the end game is.

3. Have Developed a Strong Social Network

Having caring, supportive people around you acts as a protective factor during times of crisis. It is important to have people you can confide in. While simply talking about a situation with a friend or loved one will not make troubles go away, it allows you to share your feelings, gain support, receive positive feedback, and come up with possible solutions to your problems.

4. Embrace Change

Flexibility is an essential part of resilience. By learning how to be more adaptable, you'll be better equipped to respond when faced with a life crisis. Resilient people often utilize these events as an opportunity to branch out in new directions. While some people may be crushed by abrupt changes, highly resilient individuals are able to adapt and thrive.

5. Are Generally Optimistic

Staying optimistic during dark periods can be difficult, but maintaining a hopeful outlook is an important part of resiliency. Positive thinking does not mean ignoring the problem in order to focus on positive outcomes. It means understanding that setbacks are transient and that you have the skills and abilities to combat the challenges you face. What you are dealing with may be difficult, but it is important to remain hopeful and positive about a brighter future.

6. Nurture Themselves

When you're stressed, it can be all too easy to neglect your own needs. Losing your appetite, ignoring exercise, and not getting enough sleep are all common reactions to a crisis situation. Focus on building your self-nurturance skills, even when you are troubled. Make time for activities that you enjoy. By taking care of your own needs, you can boost your overall health and resilience and be fully ready to face life's challenges.

7. Have Developed Problem-Solving Skills

Research suggests that people who are able come up with solutions to a problem are better able to cope with problems than those who cannot. Whenever you encounter a new challenge, make a quick list of some of the potential ways you could solve the problem. Experiment with different strategies and focus on developing a logical way to work through common problems. By practicing your problem-solving skills on a regular basis, you will be better prepared to cope when a serious challenge emerges.

8. Have Established Goals

Crisis situations are daunting. They may even seem insurmountable. Resilient people are able to view these situations in a realistic way, and then set reasonable goals to deal with the problem. When you find yourself becoming overwhelmed by a situation, take a step back to simply assess what is before you. Brainstorm possible solutions, and then break them down into manageable steps.