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WORLD VIEW

Who Can I Turn To?

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Agenda

Resiliency

Language Use

Mindset Shift

What is resiliency?

- The individual variations in response to risk
- The healthy, adaptive and effective response to trauma or stressful events leading to personal growth, a new level of awareness and increased capacity to face and succeed in meeting new challenges.
- Incorporates the feelings that we possess about our ability to deal with life's challenges and our ability to influence and control what happens to them





Resiliency

In the chat, list ways you have been resilient since March 2020.



Resiliency

In the chat, list ways you have been resilient since 2015.

Resiliency Theory

Promotive factors – the positive contextual, social, and individual variables that operate in opposition to risk factors, and help individuals overcome negative effects of risk exposure.

Assets – positive factors that reside within individuals, i.e., self-efficacy, self-esteem

Resources – positive factors outside individuals, i.e., support, health programs

Individual Protective Factors that Promote Resiliency

Relationships

Service

Life Skills

Humor

Inner Direction

Perceptiveness

Independence

Positive View of Personal Future

- Flexibility
- Love of learning
- Self-motivation
- Competence
- Self-Worth
- Spirituality
- Perseverance
- Creativity

PERSONAL STRENGTHS

- Do not underestimate the importance of purpose

SOCIAL COMPETENCE	PROBLEM SOLVING	AUTONOMY	SENSE OF PURPOSE
Responsiveness	Planning	Positive Identity	Goal Direction
Communication	Flexibility	Internal Locus of Control	Achievement Motivation
Empathy	Resourcefulness	Initiative	Educational Aspirations
Caring	Critical Thinking	Self-Efficacy Mastery	Special Interest
Compassion	Insight	Adaptive Distancing	Creativity
Altruism		Resistance	Imagination
Forgiveness		Self-Awareness	Optimism
		Mindfulness	Hope
		Humor	Faith/Spirituality
			Sense of Meaning

A wide-angle photograph of a coastal dune landscape. In the foreground, a wooden boardwalk made of light-colored planks curves from the bottom center towards the middle ground. The boardwalk is flanked by tall, green grasses. In the background, there are rolling sand dunes with patches of green vegetation and some exposed sand. The sky is overcast with grey clouds. The overall scene is serene and natural.

PRACTICAL STEPS TO ENHANCE RESILIENCY FOR OUR YOUTH

At School

- Create a positive, caring, responsive and supportive school climate
- Challenge youth to be the best they can be
- Maintain high standards and high expectations for academic achievement and social behavior
- Have clear rules and standards for conduct
- Increase achievement motivation and the desire to learn through engaging and meaningful learning activities inside and outside of the classrooms
- Provide tutoring and guidance to enhance academic achievement
- Help students become aware of their possibilities for a successful future
- Provide opportunities for students to develop effective social and emotional skills
- Create a viable school management structure to support and sustain all of the above

At Home



- Read to children regularly
- Regulate television viewing
- Assign responsibilities
- Listen to concerns and help explore and develop reasonable solutions to problems
- Show interest in children's school work
- Participate in school activities including attending conferences
- Show interest in social activities of youth including peer relationships
- Encourage and support excellence
- Help youth think about and do what is necessary to achieve their future goals

In the Community

Support Support all parents and youth, particularly those who live under difficult and stressful conditions

Make Make adequate health care available and accessible

Provide Provide accessible needed social services

Provide Provide accessible recreational programs

Provide Provide accessible after-school educational programs

Support Support school-based programs



Partnerships

Youth are best served when school, families, and community organizations and agencies, including institutions of higher learning, work together and collaborate to address needs.



We can't pour from an empty cup

Language We Use

- Deficit-based vs strength-based language
- Falling behind
- Missing out
- Back to normal



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Mindset Shift

- Redefine normality



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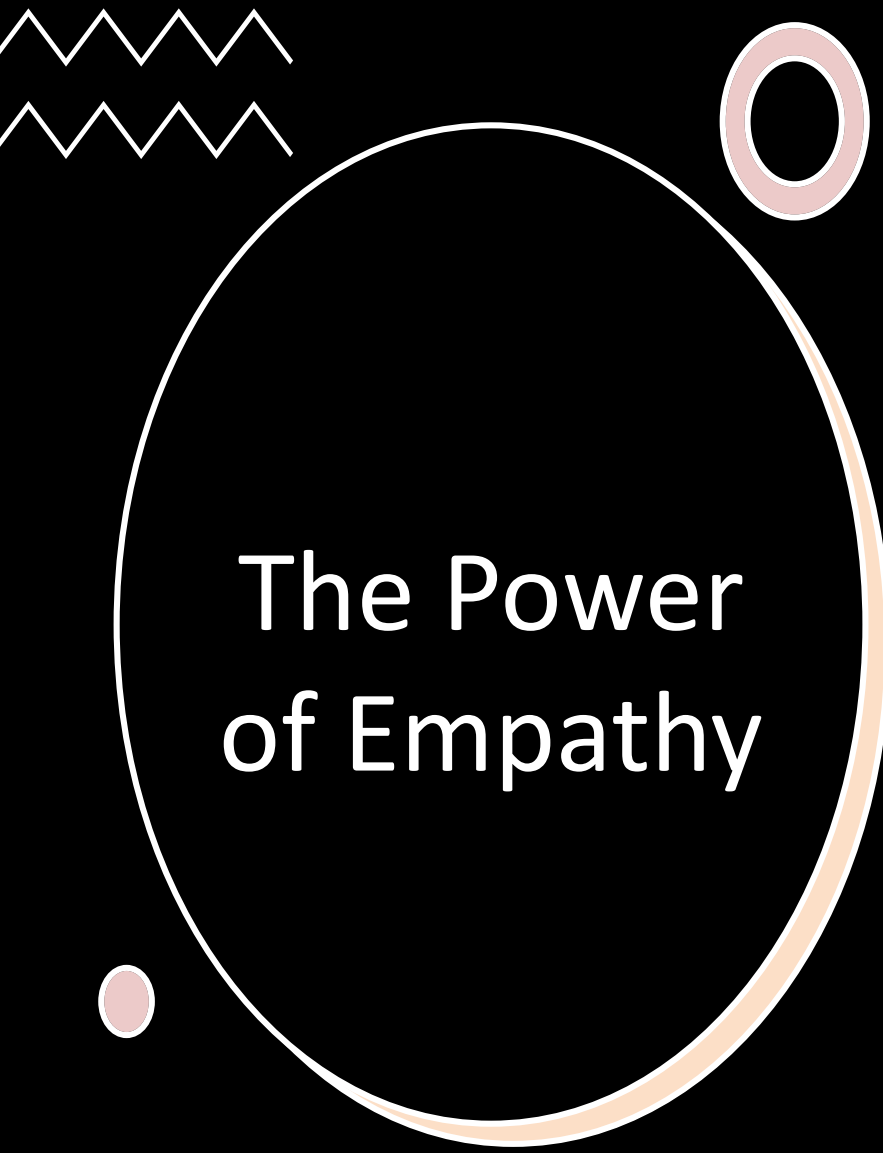


**WE WILL NOT GO BACK TO NORMAL.
NORMAL NEVER WAS. OUR PRE-CORONA
EXISTENCE WAS NOT NORMAL OTHER THAN
WE NORMALIZED GREED, INEQUITY, EXHAUSTION,
DEPLETION, EXTRACTION...
WE SHOULD NOT LONG TO RETURN, MY FRIENDS.
WE ARE BEING GIVEN THE OPPORTUNITY
TO STITCH A NEW GARMENT.
ONE THAT FITS ALL OF HUMANITY
AND NATURE.**

- SONYA RENEE
TAYLOR

NO. 10

JDI 1030 / 1030



The Power of Empathy

- <https://vimeo.com/81492863>



Thank you!

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