

WELCOME TO THE ADVISOR TRAINING 2020

Advising Without Silos: Collaborating for Student Success



The session will be commencing shortly.....

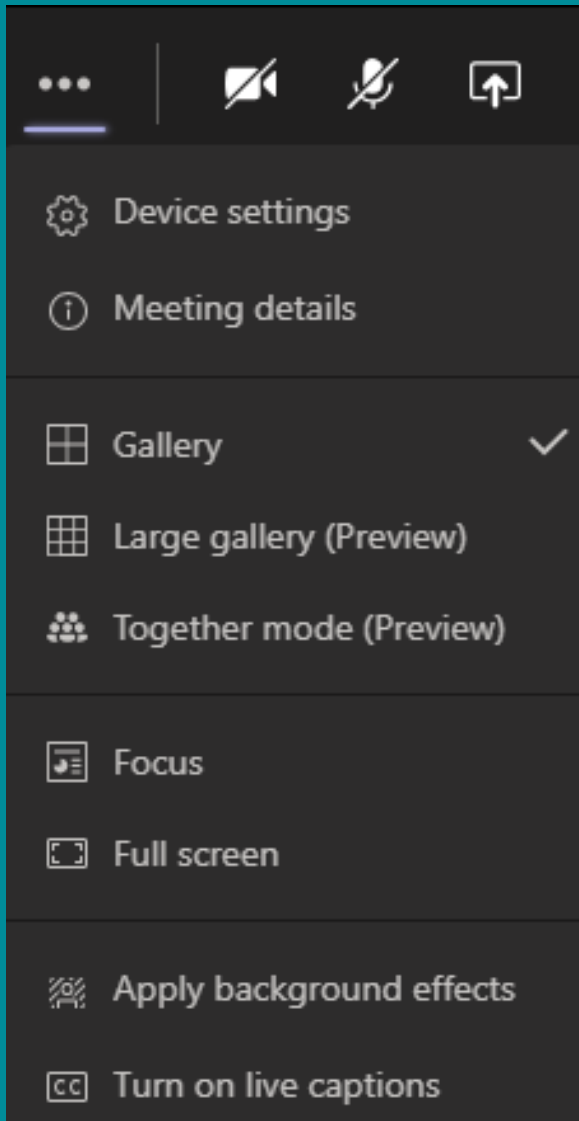


WE ARE

HUMBER

LAND ACKNOWLEDGEMENT

Humber College is located within the traditional and treaty lands of the Mississaugas of the Credit. Known as Adoobiigok, the “Place of the Black Alders” in Michi Saagiig language, the region is uniquely situated along Humber River Watershed, which historically provided an integral connection for Anishinaabe, Haudenosaunee, and Wendat peoples between the Ontario Lakeshore and the Lake Simcoe/Georgian Bay regions. Now home to people of numerous nations, Adoobiigok continues to provide a vital source of interconnection for all. We acknowledge and honour the land we are walking on, the moccasin tracks of our ancestors and the footprints of the future generations to come.



HOUSEKEEPING NOTES

Please keep your mics muted throughout (unless otherwise invited to share).

Turn on closed captioning by clicking on the three dots on the menu bar and choose “Turn on live captions.”

If this session is being recorded, you may be visible in our recording, which will be used for future promotion.

Advisor Training 2020

Advising Without Silos: Collaborating for Student Success

Reconceptualizing Resilience

OCTOBER 30TH 2020



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Learning Outcomes

By the end of this session, participants will be able to...

- Articulate at least two common assumptions about resilience
- Describe at least one critique of how resilience is commonly conceptualized
- Identify at least one alternative way of conceptualizing resilience

Content Warning

This session will make reference to trauma broadly, and while it will not delve deep into any specific examples, I recognize that references to things such as sexual violence can be triggering for folks. Additionally, in digging into resilience, this session may resurface memories and experiences participants have had that required them to demonstrate resilience.

Please check in and out as needed, and engage in ways that feels comfortable for you. If you need support, please connect with the Employee Assistance Program (EAP); for folks who do not have access to EAP, please connect with your manager about options available for you.

Self-Location

- White
- Settler
- Cisgender man
- Queer
- Agnostic
- Student at OISE – Master of Higher Education (Student Development & Student Services)
- Experience in residence life, orientation & transition, co-curricular programs, first generation student support, and sexual violence prevention & education
- History of depressive episodes, thoughts of self-harm and suicide
- Few personal experiences with trauma (e.g. student death, traumatic leg injury)
- Plenty of second-hand experiences of trauma (primarily sexual violence)
- Not a neuroscience-y person or psychologist

What is resilience?

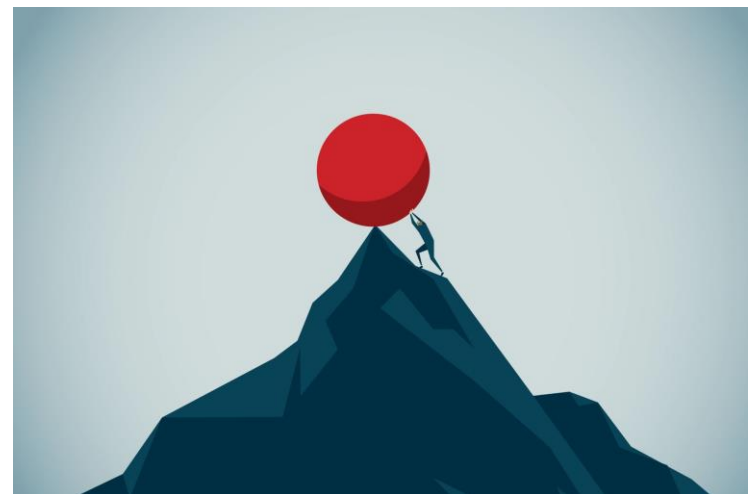
In the chat box, share words you associate with resilience.

**What do the
following images say
about resilience?**

Resilience according to Google Images



Resilience according to Google Images



Resilience according to Google Images



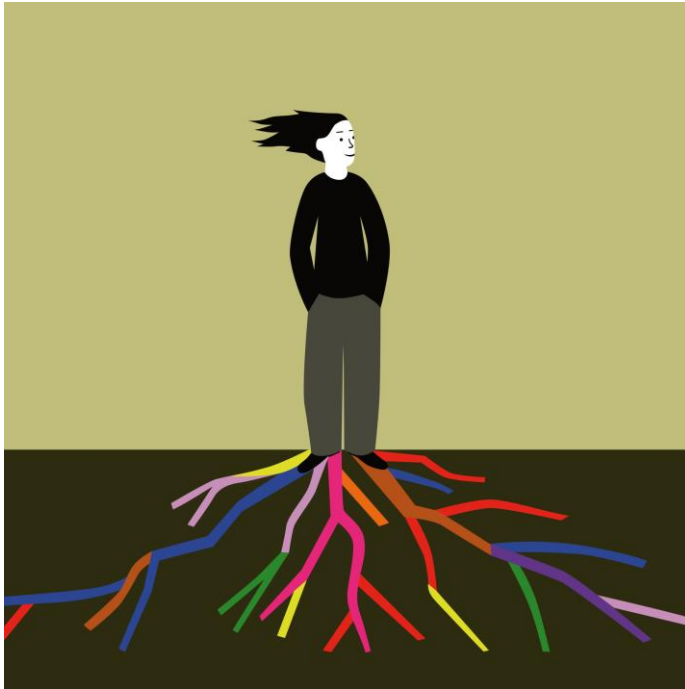
Resilience according to Google Images



Resilience according to Google Images



Resilience according to Google Images



What is resilience? (Google)



re·sil·ience

/rəˈzɪljəns/

noun

noun: **resilience**; noun: **resiliency**; plural noun: **resiliencies**

1. the capacity to recover quickly from difficulties; toughness.
"the often remarkable resilience of so many British institutions"
2. the ability of a substance or object to spring back into shape; elasticity.
"nylon is excellent in wearability and resilience"

Similar:

flexibility

pliability

suppleness

plasticity

elasticity



What is resilience? (Mayo Clinic)

“When you have resilience, you harness inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or a loved one’s death. If you lack resilience, you might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse.

Resilience won’t make your problems go away—but resilience can give you the ability to see past them, find enjoyment in life and better handle stress.”

What is resilience? (Positive Psychology)

“Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.

In a nutshell, resilience can be defined as the ability—and tendency—to ‘bounce back.’”

What is resilience? (American Psychological Association)

“The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves ‘bouncing back’ from these difficult experiences, it can also involve profound personal growth.”

“Resilience involves behaviors, thoughts and actions that anyone can learn or develop.”

Trauma

What is trauma?

“The lasting emotional response that often results from living through a distressing event. Experiencing a traumatic event can harm a person’s sense of safety, sense of self, and ability to regulate emotions and navigate relationships. Long after the traumatic event occurs, people with trauma can often feel shame, helplessness, powerlessness and intense fear.” (CAMH)

“By the time youth reach college, 66% to 85% report lifetime traumatic event exposure and many report multiple exposures.” (Carello & Butler, 2014)

Towards a Femme Pedagogy, or Making Space for Trauma in the Classroom (Bimm & Feldman, 2020)

“Trauma *is* endemic. We live in traumatising times. And those traumas don’t vanish when we enter the university—in fact, they may be exacerbated.”

Towards a Femme Pedagogy, or Making Space for Trauma in the Classroom (Bimm & Feldman, 2020)

“The idea that one could return to a previous state after experiencing trauma is yet another reflection of the ways in which institutions and individuals alike fail to understand how trauma dramatically restructures who we are and how we navigate the world. To bounce back after crisis or trauma implies that one has gotten over it, has moved on, and is cured.”

“Softness and sadness exist in all of us...[C]onsider a world in which we name those hurts and use them in our journey forward, rather than resolve, repress, or leave them in the past entirely.”

Moving Towards a Collectivist Approach to Resilience

Nicolazzo & Carter, 2019

Resilience (Nicolazzo & Carter, 2019)

“Previous conceptions of resilience invest in deficit perspectives of student development in college; either one has resilience or one does not, and it is on the individual to be resilient rather than focus on the ways college environments are toxic for marginalized populations.”

Resilience (Nicolazzo & Carter, 2019)

“[re-sil-i-ence](#)” by Riss Carter

- “Wow, Riss is so resilient!” / A term used by the people / That create these situations
- These spaces I reside in aren’t made for me to thrive in
- Let go of the meaning / The feeling that I must lead / With resiliency / I can’t handle it, right now, not anymore

Resilience (Nicolazzo & Carter, 2019)

Challenging Norms

- Marginalized folks needing to be resilient in order to present or conform a sense of being “normal” or fitting into compulsory societal expectations; existing as someone who exists outside the “norm” of white, cisgender patriarchy is seen as resilience
- Is there space to desire abnormality and reject social expectations?

Resilience (Nicolazzo & Carter, 2019)

Moving from Campus to Community

- Despite a focus on making our campuses a space of belonging, for some folks, it's actually better to seek environments outside the campus that are more welcoming and swifter to adapt—practicing resilience is going elsewhere to find community
- Instead of being resilient, removing oneself from spaces that are not welcoming—not going to try and be tough/strong in a space that harms or rejects
- Off-campus community as a source of strength and restoration to then be able to survive the campus

Resilience (Nicolazzo & Carter, 2019)

Community-Based Resilience

- Coalition-building—finding people to challenge and change the campus so that it does not exclude, oppress, or marginalize
- Move from individualized resilience separated from the community to the idea of resilience as a community endeavor—as a form of seeking justice and changing structures and systems with a group of people, and that shared responsibility allows you to continue
- Resilience is “an ongoing practice we engage in, with, and alongside each other.”

IMPLICATIONS FOR PRACTITIONERS

Understand that your students likely have experienced or will experience trauma, and it could profoundly affect them.

Trauma-informed practice is necessary and should be funded by the institution; demand learning opportunities.

Consider whether resilience is the goal; are we trying to get students to move on from their trauma or are we trying to create a space where they can hold it and be?

Think beyond the individual—who are the people in their life? The supports? What communities do they have access to?

Create a safer space for when other parts of the College fall short; we don't have the power to change everything, but we can work within our own spheres of influence to supplement.

Be radicalized. Yes, support the student, but also disrupt the system.

THANK YOU.



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Session Feedback

Please complete our online survey about this session. 3 options:



- Click the link in the chat



- Go to URL: <https://tinyurl.com/HumberAT2020>

- Scan this QR Code to open the survey on your phone

