

Handout #2 - Resilience and Grit Resources

from *Becoming Self-Determined: Creating Thoughtful Learners in a Standards-Driven, Admissions-Frenzied Culture* (Field & Parker, 2016; Association on Higher Education and Disability)

Campus Resilience and Grit Practices

College of St. Scholastica WELLU Program

<http://www.css.edu/administration/wellu/students/the-resilience-project.html>

The Resilience Research Centre at Dalhousie University

<http://resilienceresearch.org>

Davidson, Duke, Furman and Johnson C. Smith Resiliency Coalition

<http://www.davidson.edu/news/news-stories/140616-landmark-research-project-aims-to-build-student-resilience>

Germanna Community College's GRIT (Goal Realization with Intention and Tenacity) Series

<http://www.germanna.edu/goal-realization-workshops/>

Harvard University's Resilience Project

<http://resilienceconsortium.bsc.harvard.edu>

Stanford University's Resilience Project

<https://undergrad.stanford.edu/resilience>

University of Illinois at Urbana-Champaign's Engineering Education Research Group

<https://publish.illinois.edu/engineering-education-research/projects/>

Classroom and Curricular Practices on Resilience and/or Grit

CU Thrive (NASPA) website

<http://cuthrive-naspa.personaladvantage.com>

Promoting College Students' Resilience and Grit with Self-Determination Practices

David R. Parker, Ph.D.

MACHA 2016 Annual Meeting

Evergreen State College's *Bouncing Back: Writing Personal Resilience* course

<http://evergreen.edu/catalog/2014-15/programs/bouncingbackwriting-personalresilience-11734>

Student Curriculum on Resilience Education (SCORE) program

<https://www.scoreforcollege.org/programoverview>

Wilson College's *PSY 465: Risk and Resilience* course

<http://www.wilson.edu/psy-465-risk-and-resilience>

Websites on Leadership Coaching

220 Youth Leadership (Joseph and Matthew Moheban's work)

www.220leadership.com

Tools for Measuring Resilience and/or Grit

The Brief Resilience Scale (BRS)

<https://www.osu.edu/search.html?query=brief+resilience+scale>

The Child and Youth Resilience Measure (CYRM)

<http://www.resilienceresearch.org/research/resources/tools/33-the-child-and-youth-resilience-measure-cyrm>

The Connor-Davidson Resilience Scale (CD-RISC)

<http://www.cd-risc.com/index.php>

The Grit Scale (Angela Lee Duckworth)

https://sasupenn.qualtrics.com/jfe3/form/SV_06f6QSOS2pZW9qR

The Resilience Consortium "Tools" page

<http://resilienceconsortium.bsc.harvard.edu/tools>

TED Talks

Angela Lee Duckworth's "The Key to Success? Grit"

https://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit?language=en

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Carol Dweck's "The Power of Yet" <https://www.youtube.com/watch?v=J-swZaKN2lc>

Websites on Self-Determination

Discussion Summary: Self-Determination, Grit and Academic Resilience
<https://community.lincs.ed.gov/discussion/discussion-summary-self-determination-grit-and-academic-resilience>

Initiative for Self-Determination and Transition (Sharon Field and Alan Hoffman's work)

<http://coe.wayne.edu/self-determination/index.php>

Self-Determination Theory (Edward Deci and Richard's work)

<http://www.selfdeterminationtheory.org>

Self-Determination Resources from the Postoutcomes Network of the National Center on Secondary Education and Transition

http://www.ncset.hawaii.edu/resources/topics/resources_02.html