RESILIENT STUDENTS ARE FLEXIBLE AND AGILE.
To thrive in college, be open to change and develop helpful student perspectives.

GO FURTHER WITH HELPFUL STUDENT PERSPECTIVES

- Journey as an irregular spiral
- Open to feedback
- Focus on journey and destination
- Benefit finder
- Forgiving
- Adaptable, dynamic

DON’T GET STOPPED BY UNHELPFUL STUDENT PERSPECTIVES

- Journey as a straight line
- Fear of failure
- All-or-nothing thinking
- Defensive
- Faultfinder
- Rigid, static

KEEP WITH POSITIVE THINKING:

**Understand and Use Your Strengths**
Ask yourself, what is going well? What is working? What is right with me? How can I use my strengths to reach my goals?

**Talk to Someone**
Academic advisors, counselors, and faculty are all dedicated to your success. Students who thrive ask for their support to work through concerns and challenges.

**Use Resources**
There are many resources available to help you succeed. Explore your options and connect with resources early and often.

AVOID NEGATIVE THINKING:

**All or Nothing Thinking**
“I was smart in high school. But not here.”

**Mind Reading**
“Everyone in class will think I’m not smart if I answer this question wrong.”

**Fortune-Telling**
“I’m going to fail this exam, so why even try.”

**Personalization**
“I am not doing well in class because my instructor doesn’t like me.”

**Unfair Comparison**
“My roommate performed better on his test than I did. I am not as capable as he is.”

**Overgeneralization**
“I earned a bad grade on my paper. I am not a good writer and never will be.”

**Catastrophizing**
“I will never understand this and will never graduate.”

**Discounting Positives**
“I only did well on that test because it was easy.”

Undergraduate Retention
Office of Undergraduate Education

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