Resilience Resources:

Changing Your Mindset for Academic Well-Being:

- **Martin Seligman 'Flourishing - a new understanding of wellbeing' at Happiness & Its Causes, 2012** - Article
- **Growth Mindset vs. Fixed Mindset (5:03 min)** - Video
- **Academic Mindsets as a Critical Component of Deeper Learning** – Article
- **Carol Dweck, “The Power of Yet” (11:18 min)** – Video
- **The Power of belief — mindset and success: Eduardo Briceno (10:51 min)**- Video

Identifying and Building on Your Character Strengths:

- **Through the lens of strength: A framework for educating the heart**, Linkins, Niemiec, Gillham & Mayerson (2014) - Article
- **Strengths of Character and Well-Being**, Park, Peterson & Seligman (2004) - Article
- **The VIA Institute: The Science of Character** (8:04 min) - Video
- **VIA Strengths Survey**

Positive Thinking and Positive Emotions:

- **Physiological Influence of Mindfulness: Mind the Bump** (3:50 min)
- **5 Ways Positive Thinking Can Transform Your Health** – Huffington Post Article, 2015/ 03/16
- **Barbara Fredrickson - Positive Emotions Open Our Minds** (8:37min) Video
- **Barbara Fredrickson - The Positivity Ratio** (8:43 min) Video
- **Barbara Fredrickson - Positive Emotions Transform Us** (7:36 min) Video

Academic Engagement and Perseverance:

- **What Makes Life Meaningful: Michael Steger at TEDxCSU** (the importance of goal setting) (16:45min) – Video
- **Angela Lee Duckworth: The key to success? Grit** (6:09min)- Video
- **Grit: Perseverance and Passion for Long-Term Goals**. Angela Duckworth et al. - Article
- **Flow** (During flow, people typically experience deep enjoyment, creativity, and a total involvement with life )– (3:46 min) Video
- **Mihaly Csikszentmihalyi: Flow, the secret to happiness** (18:55 min) Video
- **Hedonia, Eudaimonia, and Well-Being: An Introduction** By: Edward L. Deci and Richard M. Ryan – Article

Building Connections and Positive Relationships:

- **Brené Brown: The Power of Vulnerability** (20:12 min) Video
• Martin Seligman: Active Constructive Responding (4:01 min) Video
• The Power & Science of Social Connection with Emma Seppälä (14:48 min) – Video
• Sue Langley 'The emotionally intelligent brain' at Mind & Its Potential (18:34 min) – Video
• Build High-Quality Connections By: Jane E. Dutton – Article
• Jane Dutton video on High-Quality Connections (11:28 mins) - Video

Overcoming Self-Doubt and Practicing Self-Care:

• Choose strength not shame: Ben Foss at TEDxSonomaCounty (21:35) Video
• Guy Winch: Why we all need to practice emotional first aid (17:24 min) – Video
• The influence of physical activity on mental well-being, Dr. Kenneth R. Fox (8 pgs) – Article
• Wendy Suzuki: Exercise and the Brain (14:03 min) – Video
• Russell Foster: Why do we sleep? (21:42 min) - Video