



Have you experienced feelings of not being resilient enough to succeed in school? Do you feel like you are struggling to manage your day-to-day or academic life?

If you are 19 or older, this study may be for you.

Study Specifics

We are looking for WSC students aged 19 or older who are looking to increase or improve their resilience or ability to manage their academic or daily life.

After the Covid-19 pandemic, many students reported they had increased stress and felt less capable of managing their school work and daily life. This research seeks to test whether resilience coaching and planning improves your resilience or reduces your anxiety.

Participants will be asked to:

- Complete assessment forms to measure anxiety and resilience
- Complete resilience plans
- Engage in resilience coaching sessions

All coaching and support services provided are free of cost to participants. Services provided are non-clinical and non-therapeutic and the study pertains only to the evaluation of the coaching and resiliency planning.

Location:

All tasks will be completed online so no participants will be required to appear in person for any part of this study. Coaching sessions will be conducted virtually using a secure online meeting platform.

Am I Eligible?

- 19 years of age or older
- Proof of date of birth required to confirm age and be added as a participant

If you are unsure if you qualify, please contact Dr. Jennifer Miller at (402) 375-7298 or jemille1@wsc.edu

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