

Resiliency Part II

What can be done with the Resiliency Scales and related concepts?

NAYEN Conference
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What factors influence success or failure?

In RYE Florida studying Resiliency:

Resilience is the ability to adapt well and recover quickly after stress or adversity. If you have a resilient personality, you are better able to maintain poise and a healthy level of physical and psychological wellness in the face of life's challenges.

Uses of the Resiliency Scales

1. Part I presented the Scales and how to purchase, administer, score and interpret the RSCA
2. A short form can be used as a pre-interview questionnaire
3. Concepts from the short form can be used as interview questions

Uses of the Resiliency Scales

3. Scale results (full or short form) can be used for preparation – building resiliency
4. Personal self-reflection back home, with YEO
3. As a part of In and Outbound Orientations

How do we prepare students?

- Cultural Awareness
- Area Studies
- Language
- Goals – of YE, personal goals
- Chain of Contacts/Support

Cultural Awareness

The profound sense of disorientation and discomfort that comes with extended travel or living in a foreign culture markedly different from one's own.

Culture Shock
[Culture Shock.doc](#)

Area Studies

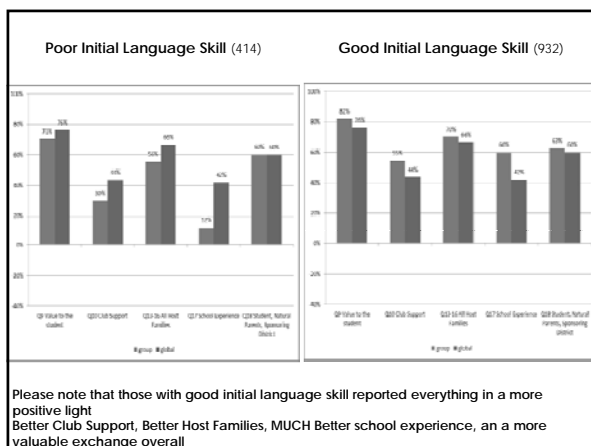
Outbound Research Projects (D. 5020)

- Geography
- History
- Religion
- Economy
- Government
- etc.

[Outbound Research Paper 1](#)
[2-05-07.doc](#)

Language Training

**Please note that those with good initial language skill reported everything in a more positive light
Better Club Support, Better Host Families, MUCH Better school experience, and a more valuable exchange overall**



Setting Personal Goals

6 "Be"s of D5370 RYE

- Be First
I am a person of action!
- Be Curious
I seek to understand!
- Be on Purpose
I am certain of my outcome and move steadily toward it!
- Be Grateful
I focus on things I can be thankful for!
- Be of Service
I give of myself!
- Be Here Now
I live in the moment

Setting Personal Goals

D. 5650 – Steve Gerdes

Goals for My Exchange

My Plan for Dealing with Culture Shock

Leaving a Legacy: "Service Above Self"

- ### A typical YE Interview:
- Tell us something about yourself.
 - Why do you want to be an exchange student?
 - Where would you like to go?
 - What kind of experience do you have living in another culture?

**Outbound Interview Questions
Based on the Resiliency Scales**

1. What has been the greatest challenge you have had to deal with in your life? Tell us how you have dealt with it.
2. Tell us about a problem you have had in your life and how you went about solving it.
3. Tell us about a time when you failed at some task but kept on working on it until you succeeded.

**Outbound Interview Questions
Based on the Resiliency Scales**

4. Tell us about some ways you have learned from your mistakes.
5. Tell us about a time when you have had to ask for help with a problem.
6. Tell us about a time when you have disagreed strongly with someone else that you had to interact with. How did you deal with it?

**Training Exercises Based on
Enhancing Resilience**

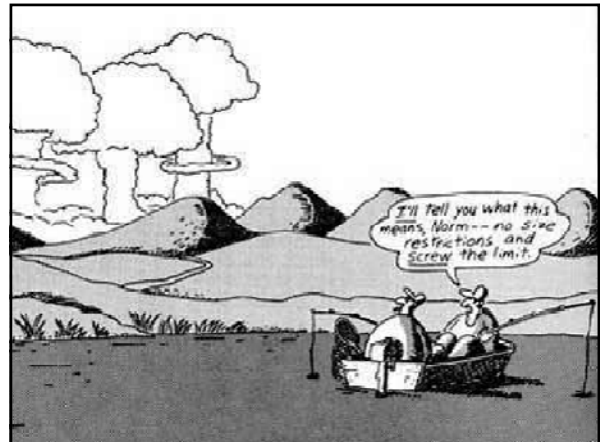
Ten Personality Characteristics/Skills
Associated with Resiliency:

1. Optimism.
2. Confidence.
3. Adaptability/Flexibility.
4. Trust.
5. Support.
6. Social Comfort.
7. Tolerance.
8. A High Boiling Point.
9. Quick Recovery.
10. Starting Over.

**Training Exercises Based on
Enhancing Resilience**

Optimism. This includes the positive attitudes that you have about the world and life in general and generally the positive belief that things will work out. It often describes the individual who sees the glass as half-full instead of half-empty.

Technique - Reframing



Film clip

Training Exercises Based on Enhancing Resilience

Confidence. This represents your approach to the obstacles and challenges that life presents to you. It is the sense that you can master those challenges using the resources that you have at your disposal.

Technique - Positive Self-statements



Training Exercises Based on Enhancing Resilience

Social Comfort. This means being able to be around other people without being anxious or in discomfort. It means that you can go to a home in a foreign country and be at ease even if you don't know the language that well, the customs or are familiar with the food.

Technique - Role-playing "introduction to a Rotarian" exercise

"Script" For Introducing Yourself to a Rotarian

Inbound

"Hi, I'm _____. I'm your club's exchange student from _____.

I'm attending _____ high school. I want to introduce myself and thank you and the _____ Rotary Club for hosting me this year."

"Script" For Introducing Yourself to a Rotarian

Outbound

Hi, I'm _____ from _____ high school. Next year I will be your club's exchange student to _____.

I just wanted to introduce myself and thank you and the _____ Rotary Club for sponsoring me."

Training Exercises Based on Enhancing Resilience

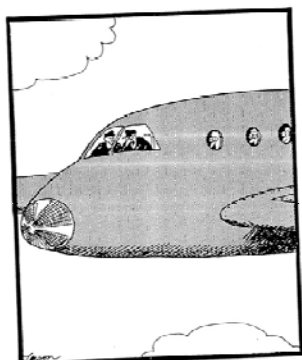
Tolerance. Sometimes there is a tendency to believe that your cultural practices are the right ways and the only ways and your exchange opportunity will challenge that perception. This indicates the ability to allow others to have their own thoughts and express them even though they may differ from their own. It is a belief that you can safely do this and not be rejected by others.

Technique - Purposely identify some irritating person or event and setting a goal of increasing tolerance

Training Exercises Based on Enhancing Resilience

Quick Recovery. When something occurs that challenges your status quo how quickly do you get back to a normal state of functioning. How quickly does your heart rate return to normal, your blood pressure return to normal, etc. This is a measure of how quickly you bounce back from emotionally disturbing situations.

Technique - Listing activities that help restore the status quo



"The fuel light's on, Frank! We're all going to die!
... Wait, wait ... Oh, my mistake—that's the intercom light."

Training Exercises Based on Enhancing Resilience

Starting Over. When a challenging event occurs are you overwhelmed with it and not able to function at all or are you able to address it and move on without significant disruption in your everyday life? It represents the ability to maintain an emotional equilibrium when challenging events occur.

Technique - Role-play pressing the "restart" button

Most students get three reset buttons per exchange, what are they?

Where from here?

- Try it
- Monitor and report you results
- Share your creative insights

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