

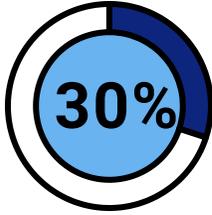
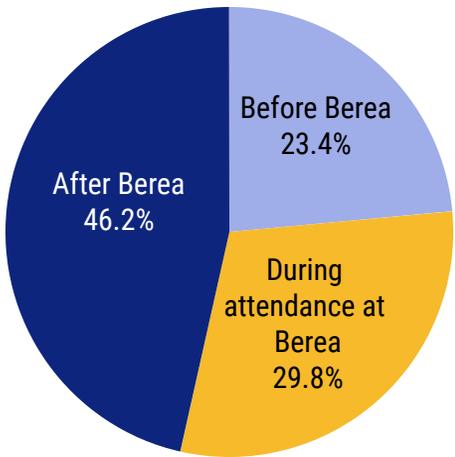


Resiliency: Survey Highlights

Based on 171 Alumni Voices

Resiliency: The ability to bounce back from life challenges and/or trauma.

In general, when did your resiliency develop the most (your greatest period of growth in this area)?



Percent of alumni who thought about leaving Berea.

what and/or who helped during that time...

Friends

My mother was in ill health and so were my grandparents. I would feel guilty for leaving them. My amazing roommate (and still one of my best friends) helped me through it because she was experiencing the same thing.

Family

My first semester was horrible. I had a .8 GPA. This is when I knew something must change. My mom was the biggest person who believed in me and told me not to give up.

College Employees

I stayed because my advisors, dorm director, and some very influential teachers provided sound advice.

Percent of respondents who rated the following as causing them a substantial amount of "negative stress"

- Finances (33%)
- Academics (30%)
- Family (27%)
- Friendships/relationships (17%)
- Personal health/fitness (16%)
- Labor position(s) (8%)

Comparing graduates before and after the year 2000, the level of support received from the following people...



- Labor supervisors
- Professional counselors*
- Chaplains/ministers*
- Significant others* (partner/spouse)



- Family members
- Coaches*



- Faculty members
- Friends
- Medical Providers*

NOTE: Based only on respondents who indicated any type of support from each particular group. An asterisk (*) by the group indicates that the group had a substantial percentage of "not applicable."

Advice to current students:

Make social connections/get involved with groups.

- Get out of your room! Make friends, get involved.
- Build your network. Our friends, mentors, TAs, faculty members, labor supervisors, all of these connections make a social safety net that helps save us from drowning.

Reach out to others for help.

- Reach out to friends, faculty, all available people whom you can trust. Get professional help if you need it.
- Trust the process. You're in an environment that is designed to support you. Go head-first into the challenges, and let others help when you need it.

Rely on yourself; endure; be persistent.

- We all make mistakes but mistakes don't define a person. Our trials make us stronger in the end.
- Just keep going! Do not give up. I promise it is worth it in the end. You will look back on this time as the best in your life.

Take care of yourself.

- Sleep 7 or 8 hours every night; take breaks from studying, go do some physical exercise daily.
- Pray. Relax. Take a walk. Step away from the screen of your computer and phone for an extended period once a week (12 hours maybe). Join someone for a meal - eat slowly, enjoy the food and the conversation.