



# TCC Student Resilience Project

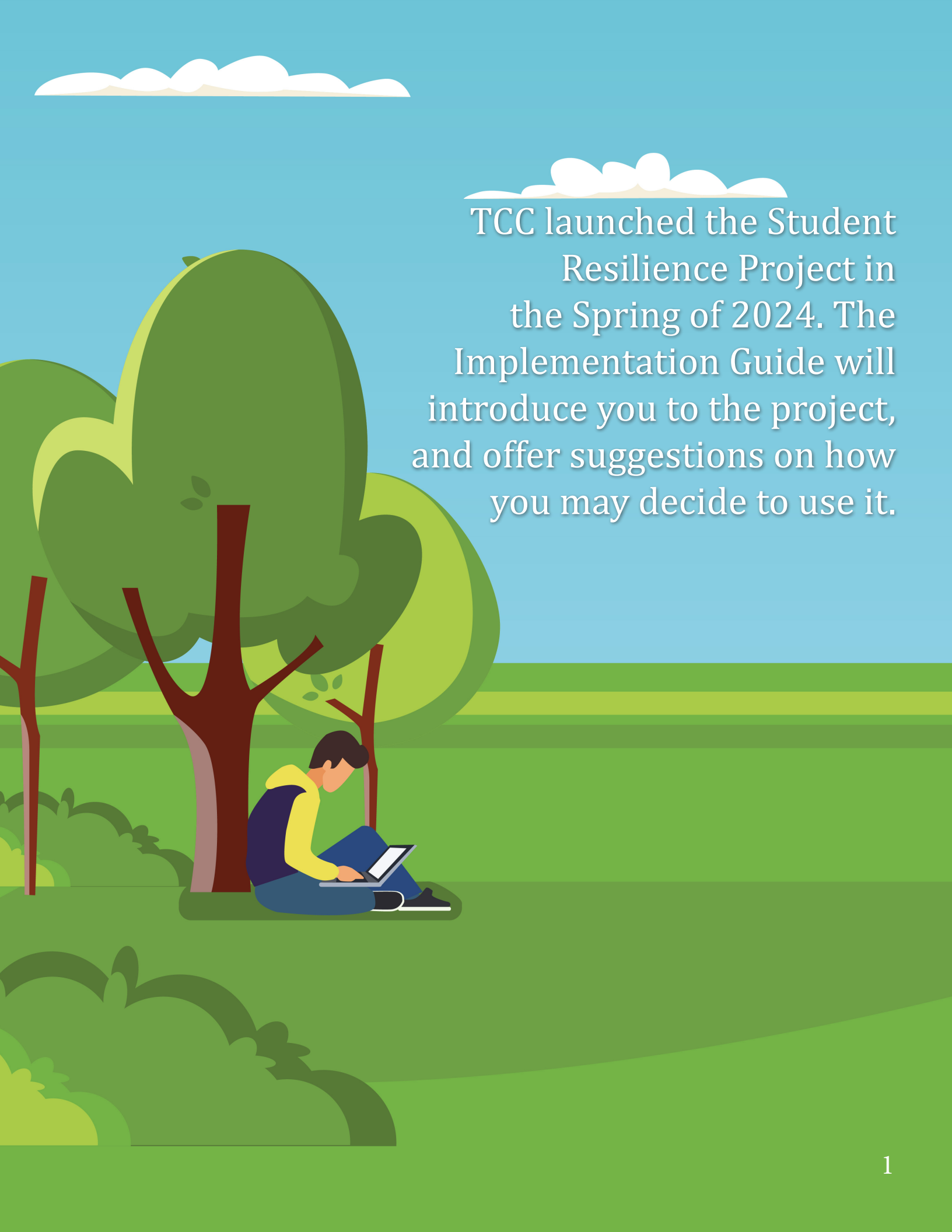
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## Implementation Guide



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TCC launched the Student Resilience Project in the Spring of 2024. The Implementation Guide will introduce you to the project, and offer suggestions on how you may decide to use it.

# What is the TCC Student Resilience Project?

An online, evidence-informed, universal public-health-style prevention program designed to:

- Strengthen student emotional and academic coping skills.
- Encourage self-awareness and personal growth, whether or not students have experienced prior trauma.
- Supplement existing educational and counseling interventions.
- Connect students with valuable TCC and community resources.
- Destigmatize mental health issues and encourage help-seeking.
- Test the effectiveness of large-scale universal prevention.



# Who leads this project?

TCC Vice President for Student Affairs and the Dean of Student Services are proud to support this major effort.



Please feel free to email or call Dr. Jennifer Carr with any questions you may have.

(850)-201-6140 | [Jennifer.Carr@tcc.fl.edu](mailto:Jennifer.Carr@tcc.fl.edu)

# What does the TCC Student Resilience Project offer students?

- Positive, self-affirmative and restorative narratives to help students reinforce their core values.
- Exercises to help students discover their strengths.
- Multimedia, interactive audio, video, animated resilience and coping content.
- Exercises to help students practice their new skills.
- Information about healthy relationships.
- Additional content specifically for international students.

**This program is available to all participants with a TCC email address.**

Students are entitled to educational and health privacy under law.

**Be aware that rules in the college procedure handbook apply, and you may be required to report Title IX Office or call TCC Campus Police under certain circumstances.**

## Is this required?

- No, but it is highly encouraged.

# Why is it needed?

- To respond to the mental health needs of incoming students and to help them learn healthy stress management and coping skills.
  - Approximately 35% of students enter college with a diagnosed mental health condition.
  - TCC students report high levels of anxiety and stress as barriers to academic achievement.
- Childhood adversity and trauma are common, and unresolved trauma makes students more vulnerable to stress.



- It is a TCC priority to provide a culturally competent program to increase students' sense of belonging and connectedness, safety, and well-being.
- TCC is proud to transform the rich campus expertise into an accessible resource for students.

Helping students through difficult times is not easy, and we hope that the project will facilitate better experience and outcomes for struggling students. The Reach Out page has many campus and community resources arranged by topic.

# How does the program keep track of student progress and completion?

- The project rewards students' ongoing progress with icons on their student accomplishment dashboard.
- Students are provided a certificate of completion upon fulfillment of the minimum required modules.





# Program Breakdown

**Introduction Video:** Short 45-second animated video introducing the project

**Values Page:** TCC values and student values - TCC affirms and supports your positive values and encourages your growth toward resilience

**Identify Your Strengths:** Focusing on the strengths that got you to TCC and how to build on them

**Introduction to Trauma and Resilience:** 2 videos: 1) an introduction on the effect of trauma on health and 2) introduction to resilience

**“What I Wish I Knew” Videos and Action Plans:** Positive student stories demonstrating resilience, belonging, and purpose; and connections to campus resources for selected topics relevant to incoming freshmen, and international students

**Real Talk:** 12 short ted-talk style descriptive audios from faculty and staff on topics including understanding anxiety and depression, building frustration tolerance, managing grief, support for students of color, support for LGBTQ+ students, meditation, and benefits of exercise

**Healthy Relationships:** Information on building healthy relationships, values, deal breakers, and resources for someone in an unhealthy relationship

**Skill-Building Page:** Explains the benefits of, and exercises for writing to relax, breathing, mindfulness, yoga, music therapy, sleep, and relaxation

**Resources:** Campus and community resources