

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