Student Resilience and Our Role

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Engagement

Rename yourself to include your college

Use Chat to ask questions and share resources (and links)

Raise hand to speak

@mccacss
#mistudentsuccess #mibestcc
Objectives

View resilience in the context of the student life cycle. Understand how resilience is a skill that can be cultivated. Describe strategies to support student resilience.
Resilience: Definition

The capacity to recover quickly from difficulties; toughness.
The capability of a strained body to recover its size and shape after deformation caused especially by compressive stress.
An ability to recover from or adjust easily to misfortune or change.
The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors.
Resilience: Student Life Cycle

**Application/Admission:** Time when a student has decided to apply to an institution. During this step a student is also notified of the outcome of their application.

**Orientation/Enrollment:** This step includes the administrative, academic, and extra-curricular activities in which a student is involved during their first year of college.

**Studentship:** Student engagement activities that academically, professionally, socially, and personally build a student

  - Academic
  - Student Life
  - Civic engagement

**Graduation**

**Career Preparation**

**Alumni**
Student Resilience in the Student Life Cycle

78% of students work 20+ hours a week
70% of students worry about having enough money to pay for school
62% of students say they would use financial support services if offered by their school
50% of students are concerned about paying for monthly expenses
Resilience: 5 Factors of Resilient People

They are resourceful and have good problem-solving skills.

They are more likely to seek help.

They hold the belief that they can do something that will help them to manage their feelings and to cope.

They have social support available to them.

They are connected with others, such as family or friends.
Resilience: Communication

• Wireless vs. Wireless
• Motrin vs Ibuprofen
• Office hours vs Work hours
Resiliency: Communication

47% report speaking to a financial aid advisor about financial struggles
41% speak with academic advisors about financial struggles
21% speak with faculty members about financial struggles
38% never speak with school faculty or staff about financial struggles
Resilience: System Structures

Services for students are intentionally linked together; when a student receives one service, they may simultaneously receive or are referred to additional services. Services are also integrated into academic and non-academic campus activities.

We have dedicated resources (e.g., staff members) to plan, manage, and facilitate student access and use of these services.

We broadly publicize and intentionally embed available on- and off-campus support services into the standard student experience, both outside and inside the classroom. Where possible, we integrate services into other college departments and business processes.

Faculty, staff, and administrators can recognize student financial stability issues and direct students to departments/personnel who can assist students in access the services.
Population Spotlight: Resilience in Youth with Experience in Foster Care
FSM is a statewide collective impact initiative focused on increasing postsecondary access and successful career attainment for youth with experience in foster care.
What Is Foster Care?

Foster care is a temporary living arrangement for abused, neglected, and dependent children who need a safe place to live when their parents or another relative cannot take care of them. Children are placed with licensed foster families, relatives, or in group care facilities while social workers and judges work with their families toward safe reunification or another permanent living situation.
Education Outcomes for Youth with Experience in Foster Care

**High School Outcomes**
Michigan High School Graduation Rate: 40% in a 4-year Cohort compared to over 80% of general population.

MI School Data, 2019

**Postsecondary Outcomes**
College Access and Success: 84% aspire to go to college, 20% attend, 3-11% graduate with a degree.

Wolanin, 2005
Child Welfare and Education

The child welfare system is focused on heath, safety and permanence. NOT on education.
Children in foster care have frequent moves, which lead to high education mobility. This leads to:
  - Falling academically behind
  - Loss of credits
  - Delayed graduation
  - Untested for learning disabilities

Residual effects of trauma and experiencing time in foster care
Unseen population
  - No uniform way to identify students in foster care

Our traditional postsecondary system is not set up to meet the needs of students from foster care.
Often lack supportive adults to help them navigate college access
Challenges and Obstacles to Postsecondary Access and Success

Homelessness
Food Insecurity
Mental Health
Underemployment
Lack of social/network connections
Transportation
Trauma
Life Skills Gaps
5 Factors of Resilient People

They are resourceful and have good problem-solving skills
They are more likely to seek help
They hold the belief that they can do something that will help them to manage their feelings and to cope.
They have social support available to them.
They are connected with others, such as family or friends

Youth with Experience in Foster Care

They are resourceful but often display gaps in “life skills” due to experience in foster care
They are less likely to seek help
They often struggle with mental health challenges related to trauma they experienced; feelings may be overwhelming and difficult to manage, especially in relation to stress
They may or may not have social support available to them.
They often lack a network of supportive adults
Cultivating Resiliency: The Campus Coach Model

Campus based support programs offer on site services such as coaching support, food and housing assistance, scholarships, and more to students who have experience in foster care.

- Designated coach providing 24/7 life skills coaching
- Mentorship opportunities
- Peer community building
- Connection to campus champions
- Advocacy for students on campus and in the community
- Connection to financial resources on campus and in the community

These programs cultivate resiliency for students with experience in foster care by creating a culture of inclusiveness on campus and helping students create a supportive network.
Action Steps to Cultivate Resiliency with All Students

Look beyond the student’s records to learn who your students are and what they need to get where they want to go

Partner WITH professionals and supportive adults to become a good system navigator
Partner WITH FSM and STAY connected to your Fostering Success Michigan resources:

Share your knowledge of the challenges of these students with your school administration. Challenge administration to address this at your school.
Reach out to students to check in with them, provide guidance, link them to resources and advocate for them according to their specific needs.

Set the expectation of SUCCESS
KNOW your resources!
Plant the seed of CONTINUING to pursue their goals (higher degrees, study abroad, etc.)
Action Steps to Cultivate Resiliency with All Students

Keep in Mind:

Resilience requires relationships, not rugged individualism. Science tells us that there is no “resilience gene.” It’s an interaction between supportive relationships, gene expression, and adaptive biological systems. Individual grit extraordinary self-reliance, or some in-born, heroic strength of character can triumph over calamity

The capabilities that underlie resilience can be strengthened at any age.

Individuals who demonstrate resilience in response to one form of adversity may not necessarily do so in response to another.

Let’s take a Community Approach to Supporting Students

V.A.R (Validate, Appreciate, Respond)
Stay up to date on available resources
Assume positive intent
Share success stories
Advocate for student-centered approaches
Encourage others to join the cause
Contact Us!

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