Theme for the New Student Experience
2021-22

Fostering Your Resilience: Take Charge of Your Baylor Journey

During Welcome Week at Academic Convocation, Dr. Sara Dolan, a psychology professor whose research focuses on resilience, challenges new students to double down on the resilience you have built throughout your life. She boiled down what she’s learned in her research as suggestions for you to keep in mind as you launch your Baylor journey.

Take charge of your Baylor journey...and of your thoughts, feelings, choices, and habits.

I. Use your resources ....
The number of supports you have available to you for free as a Baylor student is astounding. GO TO CLASS!! Reach out to your professors, your Resident Chaplain, your Career Success Professional, and your advisor. Use the many resources in the Paul L. Foster Success Center and the Writing Center. Don’t try to do college on your own. It’s not necessary and it’s much more fun and less stressful!

II. Do what works ...
As you face new challenges, call to mind what has worked well for you in the past. Know that you are already a resilience expert. You made it through a pandemic after all!

III. Be courageous ...
Do the courageous thing. Move beyond your safe spaces. Have that conversation with someone who is very different from you. The first time doing something (like going to a professor’s office hours) is always a bit hard. Do it anyway. And, the next time, it will be easier.

Find the document: The 10 Ways to Build Resilience from the American Psychological Association [here]