



THE SCIENCE OF RESILIENCE: HEALING SPIRITS

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PUBLIC HEALTH
AND MEDICINE
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Institute for Women's Leadership

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to *practice leadership through* action.

To find out more please visit the Institute for Women's Leadership's website at <http://iwl.rutgers.edu>.

SAP GOAL STATEMENT

- Raise the issue of mental health care, and mindfulness, especially in college students. Mindfulness and stress relief is something that every college student needs.
- “To live mindfully is to live in the moment and reawaken oneself to the present, rather than dwelling on the past or anticipating the future.”





INSPIRATION

ACADEMIC FOUNDATIONS

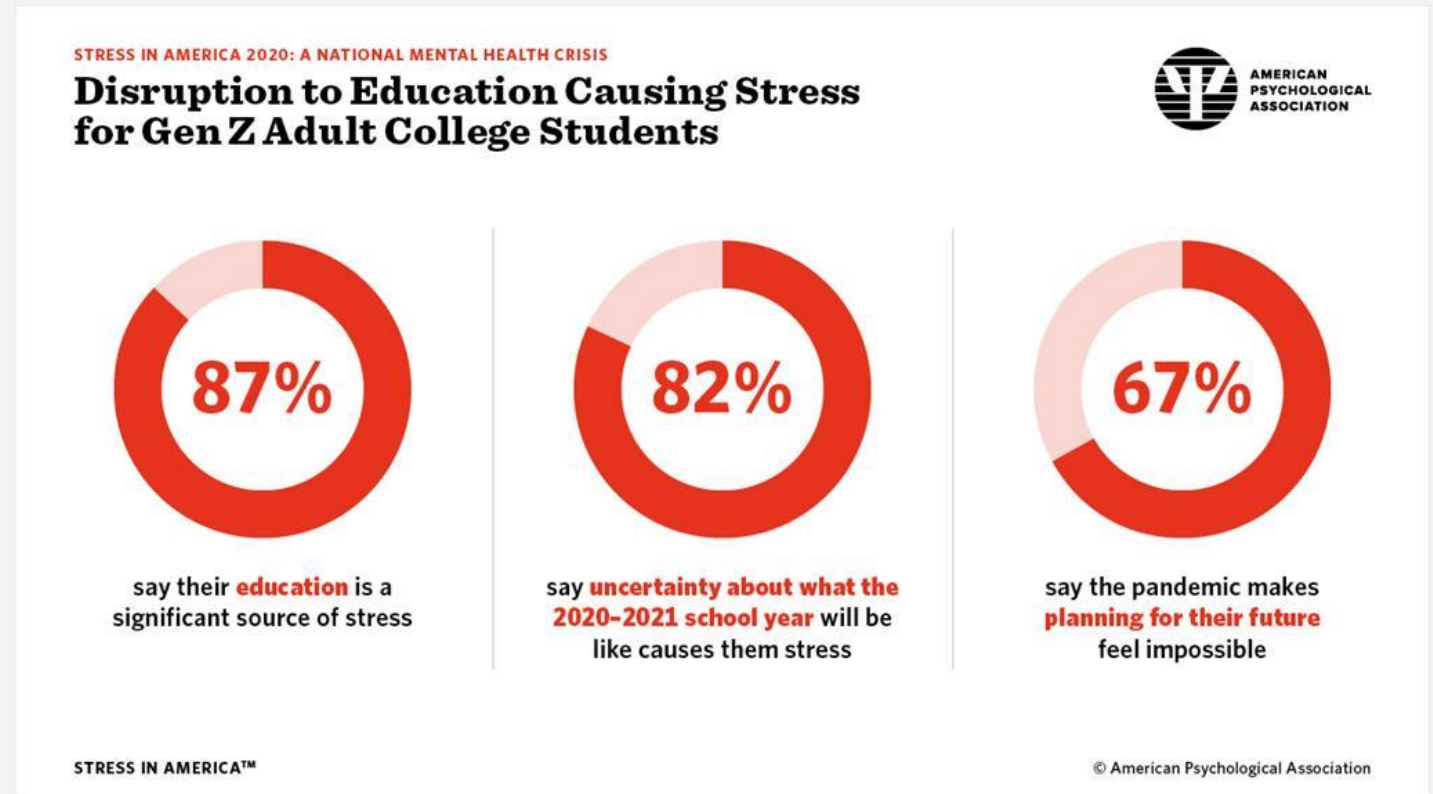
- College stress is a “risk period for maladaptive coping, onset psychopathology, and academic failure” (Duffy, 2019).
- “University students experience various stressors related to social relationships, loneliness, academic demands, and finances. Graduate students and those in professional schools such as medicine face additional challenges related to the intensive curriculum, heightened competition, and having to support a family while studying” (Duffy, 2019).
- “In competitive campus environments, seemingly everyone strives to appear like they have everything put together all the time. The fear and shame of “I couldn’t keep up” stops many from discussing vulnerability with others, even if others may admit that they face similar challenges” (Patterson, 2019).

AREA OF CONCERN

- University students face the separation from family, new social situations, and the development of responsibility (Duffy et al., 2019).

American Psychological Association

<https://www.apa.org/news/press/releases/stress/2020/informatics-october>



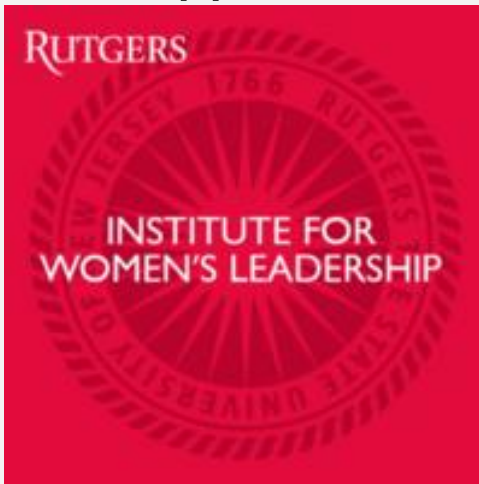
RESEARCH METHODS

“In competitive campus environments, seemingly everyone strives to appear like they have everything put together all the time. The fear and shame of “I couldn’t keep up” stops many from discussing vulnerability with others, even if others may admit that they face similar challenges” (Patterson, 2019).



SCOPE OF PROJECT

Step 1:
Research
Approval



Step 2:
Reach out to Dr. Chi
Kim, CEO of
PureEdge inc



Step 3:
Conduct Podcast
with Social-
Emotional
Laboratory



TIMELINE

Research for
Podcast

October

Meet with
Research
Assistants

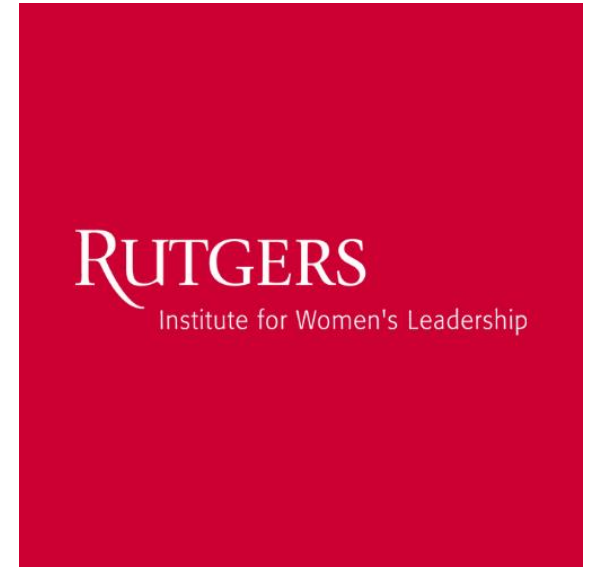
November

Met for
Podcast with
Chi Kim

December

Hand out
T-shirts
and Flyers
to IVL
Leadership
Scholars

December



PARTNERSHIPS

FEMINIST LEADERSHIP

- Project designed in an approach combining Women's, Gender, and Sexuality Studies and Psychology
- Podcast designed to help students at Rutgers University mitigate stress and anxiety levels
- T-shirts and Flyers handed out to IWL Scholars in order to further inform the community of issues that they may face in everyday life. Tips for mental health improvements
- Promoted Advocacy and Activism by sharing resources to my IWL cohort



- Tips for Mental Health
1. Connect with other people
 2. Be Physically active
 3. Learn new skills
 4. Be aware of the present moment (Mindfulness)

Resources on Rutgers

Campus:

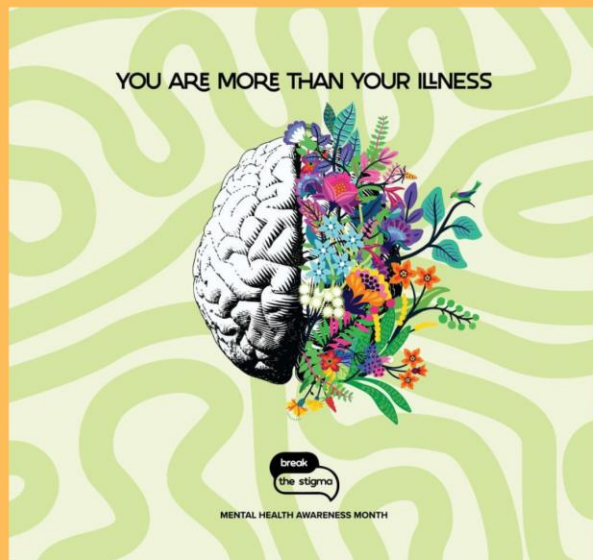
Counseling Services, [CAPS](#)

848-932-7402

National Domestic Violence hotline: 1-800-799-7233

Crisis hotline: 988

National Suicide Prevention Hotline: 800-273-8255



"Mental health...is not a destination, but a process. It's about how you drive, not where you're going."

FLYER AND T-SHIRT DISTRIBUTION



THE FINAL PRODUCT

Interviewed Dr. Chi Kim, director of meditation company, PureEdge

Worked with Social Emotional Learning Lab

Researched articles that could help with mental health awareness

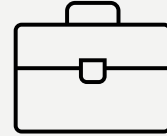
Created Podcast

LESSONS LEARNED



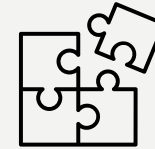
Communication

Spoke clearly with team to get podcast up and ready



Accountability and Professionalism

Worked and adapted to new situations to try and get the job done



Teamwork

Worked as a team with research assistance to build podcast

Skills that I developed:

Research

interviewing

critical thinking

communication

making connections

creativity

LOOKING AHEAD

In my work:

- Promote Mindfulness
Meditation on social media
- Try to connect more with
the SECD lab to create
tools for college students



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