THE SCIENCE OF RESILIENCE: HEALING SPIRITS

SANAA RANGWALA
PUBLIC HEALTH AND MEDICINE
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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).
• University students face the separation from family, new social situations, and the development of responsibility (Duffy et al., 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).
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

October
Research for Podcast

November
Meet with Research Assistants

December
Met for Podcast with Chi Kim

December
Hand out T-shirts and Flyers to IWL Leadership Scholars
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."
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
Dr. Mary Trigg
Social Action
Project Seminar
Professor

Sasha Taner
IWL Program
Director and
Research
Coordinator

Dr. Maurice Elias
SAP advisor

Elizabeth O’Brien
Leadership
Scholars
Certificate
Program, Program Assistant
BIBLIOGRAPHY

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