

## **Resilient Traveling: Instructor Resources**

The *Resilient Traveling* website is designed for use by individual students. Several parts of the website are also designed to encourage discussion in group settings. Possible ways to use the website in group settings include:

### **Understanding “Resiliency”**

The “Resiliency” webpage provides an overview of the idea of “resiliency.” This could be used to elicit a discussion about anticipated stress, expectations, and their knowledge of resiliency.

Possible questions for group discussion (e.g. students could be asked to first answer the questions individually, followed by a group discussion)

- What expectations do you have for the experience abroad?
- What are current stressors in your life?
- What stressors do you imagine will be encountered abroad? How do these differ from stressors you currently face?
- How do you currently adapt to stress and adversity? How might you replicate your current coping mechanisms/strategies while abroad?

### **Use of the Videos**

Introduce the stories and explain that they will illustrate four student stories, identifying skills to increase resiliency when confronted with culture shock, loneliness, personal struggles, and group conflict. Note that the videos—both stories and skills videos--can be downloaded for use off-line.

Before viewing a video, students can be asked questions to think about during the showing.

1. Psychological and behavioral flexibility/resiliency
  - What is the main source of stress for the student in the video?
  - In what ways does the student’s choice to make a change affect their awareness of self and others?
  - How does the student’s reflection of choice assist in the ability to think positively about their situation?
2. Anticipating Possible Stressors
  - How do the specifics of a student’s place, interests, and personality affect their stress level?
  - What seems to increase or decrease the sense of stress for the student?
3. Anticipating Coping
  - How is the student coping in a matter that might cause more stress?
  - What are some ways the student copes that can relieve stress?

### **Individual Stories/Videos**

Descriptions of the individual stories/videos are located in the subsequent pages along with discussion questions.

### **Conclusion**

One might conclude by encouraging students to continue their engagement with the topic and invite them to use the *Resilient Traveling* website and the other resources available to them.



### **Jaron's Story: Loneliness** (3:29)

Synopsis: Jaron, an anthropology student, pursued an individual study abroad trip to Peru. His close relationships with family and friends had always been central to his life and identity. In Peru, he felt his nationality, race, and size were all social barriers, leading to a sense of isolation and loneliness. Playing ball one day with some local children helped Jaron break out of his isolation and engage with others.

#### Suggested Discussion Questions

- What surprised you about this story?
  
  
  
  
  
  
  
  
  
  
- What causes Jaron's stress?
  
  
  
  
  
  
  
  
  
  
- What skills did Jaron use that helped him connect with others?
  
  
  
  
  
  
  
  
  
  
- How can isolation while abroad be different than isolation near home?
  
  
  
  
  
  
  
  
  
  
- What are ways you have previously or currently handle isolation?
  
  
  
  
  
  
  
  
  
  
- How can you handle isolation while abroad?

### **Meirav's Story: Personal Struggles** (4:42)

Synopsis: Meirav went to Japan, after her junior year as a fine arts major. She was having a wonderful—even “magical”—time until a fall while visiting a waterfall shattered her leg. In the hospital, deeply depressed, the words of her roommate and the act of helping a little girl enabled her to move beyond her depression. While the memory of falling still haunts her, she was able to appreciate the growth and the friendships she had developed in Japan.

#### Suggested Discussion Questions

- What surprised you about this story?
  
  
  
  
  
  
  
  
  
  
- What causes Meirav's stress?
  
  
  
  
  
  
  
  
  
  
- What skills did Meirav use that helped her reduce her stress?
  
  
  
  
  
  
  
  
  
  
- How can dealing with personal hardship while abroad be different than facing it near home?
  
  
  
  
  
  
  
  
  
  
- What are ways you currently handle personal hardship?
  
  
  
  
  
  
  
  
  
  
- How might you handle personal hardship while abroad?

