

Academic Resilience Toolkit- Transcript

Hi, my name is Claire, and I am a Senior Academic Skills Advisor with UniSkills here at Edge Hill University.

This toolkit has been designed to support you with skills specific to growing your Academic Resilience.

Academic resilience is something that can help you in your studies, particularly during times where you may be faced with challenges or setbacks.

This could be dealing with a disappointing mark for an assignment, nerves about presenting in front of others, or perhaps juggling your commitments against competing deadlines.

How you respond to these challenges (and others) can be determined by your mindset. Fostering a growth mindset and good academic resilience skills can support you to make reasoned decisions, reflect and act upon feedback and plan for your future goals.

Let's explore how to grow your academic resilience, so you can begin to take greater control of your studies.