



Student Resilience Toolkit Research Review

The SRP can help reduce barriers for students seeking help for mental health and wellness.

- Students surveyed indicated that the site made it easier for them to get help with struggles and challenges they faced on campus (Oehme et al., 2019; Ray et al., 2020).
- The *majority* felt that:
 - If they (or others) followed advice the SRP provided, they could probably deal effectively with challenges experienced in college.
 - The resources and strategies described by the SRP would be helpful to themselves (and others).

The SRP is designed as a *targeted* approach to better serve the students who are in the greatest need.

- Women, people of color, and those in the LGBTQ+ community at FSU tend to report more adverse childhood experiences and less resilience than their male, white and heterosexual peers (Perko et al., 2020).
- It is important for these students to have specific information regarding the impact of trauma and ways to build resilience.



The SRP teaches students about resources available on campus and where they are located.

- Students are better able to assess resources and shared that they would probably use the resources described on the site (Oehme et al., 2019; Ray et al., 2020).
- Students who viewed the site were likely to use more mental health resources as compared to those who didn't view the site (Ray et al., 2019a).

The SRP teaches students self-help activities they can practice:

- Students who viewed the site, compared to those who didn't, were more likely to practice self-help activities (Ray et al., 2019a).
- Practicing self-help activities can reduce stress.



Students like the authentic and honest content included on the SRP site.

- Students told researchers they preferred frank content discussing issues such as the impact of binge drinking and societal inequities (Oehme et al., 2020).
- Students rated the site as highly credible, which was positively linked to their likelihood to return to the site.
- Students of all genders, races and sexual identities reported very high rates of trust in the SRP (Ray et al., 2020).

Students who watched the "What I Wish I Knew..." videos felt hopeful and inspired.

- After watching the videos, which included restorative narratives, many students felt that if they followed the advice presented, they could effectively deal with struggles and challenges experienced while at FSU (Ray et al., 2019b).

Students think the SRP can help their peers at FSU.

Those who viewed the website felt that if they shared it with other students it would help them:

- deal with struggles and challenges they would face at the university
- feel better (Ray et al., 2020).

REFERENCES

- Ray, E. C., Arpan, L., Oehme, K., Perko, A., & Clark, J. (2020). Examining the implementation of a universal approach to student resilience. *Journal of Higher Education Management, 35*(3), 4-15.
- Perko, A., Oehme, K., Ray, E.C., Arpan, L., Clark, J. (2020). The Vulnerability Gap: Group Differences in Childhood Trauma on a Florida College Campus, *Florida Journal of Education Research, 58*(6), 1-19.
- Oehme, K., Perko, A., Altemus, M., Ray, E. C., Arpan, L., & Clark, J. (2020). Lessons from a Student Resilience Project. *Journal of College Student Development, 61*(3), 396-399.
- Ray, E. C., Arpan, L., Oehme, K., Perko, A., & Clark, J. (2019a). Helping students cope with adversity: the influence of a web-based intervention on students' self-efficacy and intentions to use wellness-related resources. *Journal of American College Health, 1*-8.
- Ray, E. C., Arpan, L., Oehme, K., Perko, A., & Clark, J. (2019b). Testing Restorative Narratives in a College Student