

About Counselling & Disability Services



Counselling & Disability Services (CDS) strives to provide a range of essential psychological services to the York University Community in order to optimize the quality of the scholarly and communal life of the university. The primary aim of CDS is to help students realize, develop, and fulfill their personal potential in order to maximally benefit from their university experience. Achieving this aim requires that a range of programs as well as individual and group counselling are available to all students enrolled at the university. CDS also acts as a resource to faculty and staff of the university.

Counselling & Disability Services recognizes that the diversity of the university community is a source of excellence, enrichment and strength. CDS affirms its commitment to human rights, and in particular to the principle that every member of the York community has a right to equitable treatment without harassment or discrimination on the grounds prohibited by the *Ontario Human Rights Code*, including *race, ancestry, place of origin, citizenship, creed, sex, sexual orientation, age, marital status, or disability*.

Note

This presentation should be viewed ahead of time by the presenter. Each section is separated into DVD chapters that can be easily navigated with a remote control via DVD player or computer. Therefore, the session can be customized to suit the goals of the presenter.

Resilience:

A (Very) Short Course on Managing Hardship



redefine THE POSSIBLE.



About Marc Wilchesky, Ph.D

Marc Wilchesky, Ph.D., is a psychologist and the Executive Director of *Counselling & Disability Services* at York University. He also teaches in the Department of Psychology. Prior to coming to York in 1985 to begin the first comprehensive post-secondary support program for students with learning disabilities in Canada, Dr. Wilchesky was the Executive Director of *Integra*, a children's mental health centre in Toronto for children and adolescents with learning disabilities.



His main areas of interest are support programs for students with disabilities at the post-secondary level, and counseling services for post-secondary students with mental health concerns. Dr. Wilchesky has lectured widely on the topic of stress management and resilience for students, faculty and staff in both the post-secondary and secondary school settings and has been a frequent speaker at professional conferences throughout North America and abroad.

Location

Counselling & Disability Services
N110 Bennett Centre for Student
Services

Contact

416-736-5297

About This Presentation

What You Will Need:

- Pen & Paper
- PowerPoint Presentation

Online Resources:

www.yorku.ca/scld

- PowerPoint Presentation

By participating in this session, students will be able to:

- Identify what resilience is
- Understand different forms of resilience and who
- Know how develop resilience
- Identify the psychological and environmental factors that contribute to resilience
- Identify the signs and symptoms of di/stress
- Apply di/stress management strategies

Structure

Section	Duration	Section	Duration
1. What is Resilience?	3 min	6. di/Stress	1 min
2. Why Is It So Important?	1 min	7. di/Stress Symptom Management	8 min
3. Recent Examples	3 min	8. Laughter is the Best Medicine	1 min
4. Resilience: Ordinary or Extraordinary?	1 min	9. Video	2.5 min
5. How to Develop	4 min	10. Quotes to Remember	4 min

Total video length is approx. 30 minutes

