

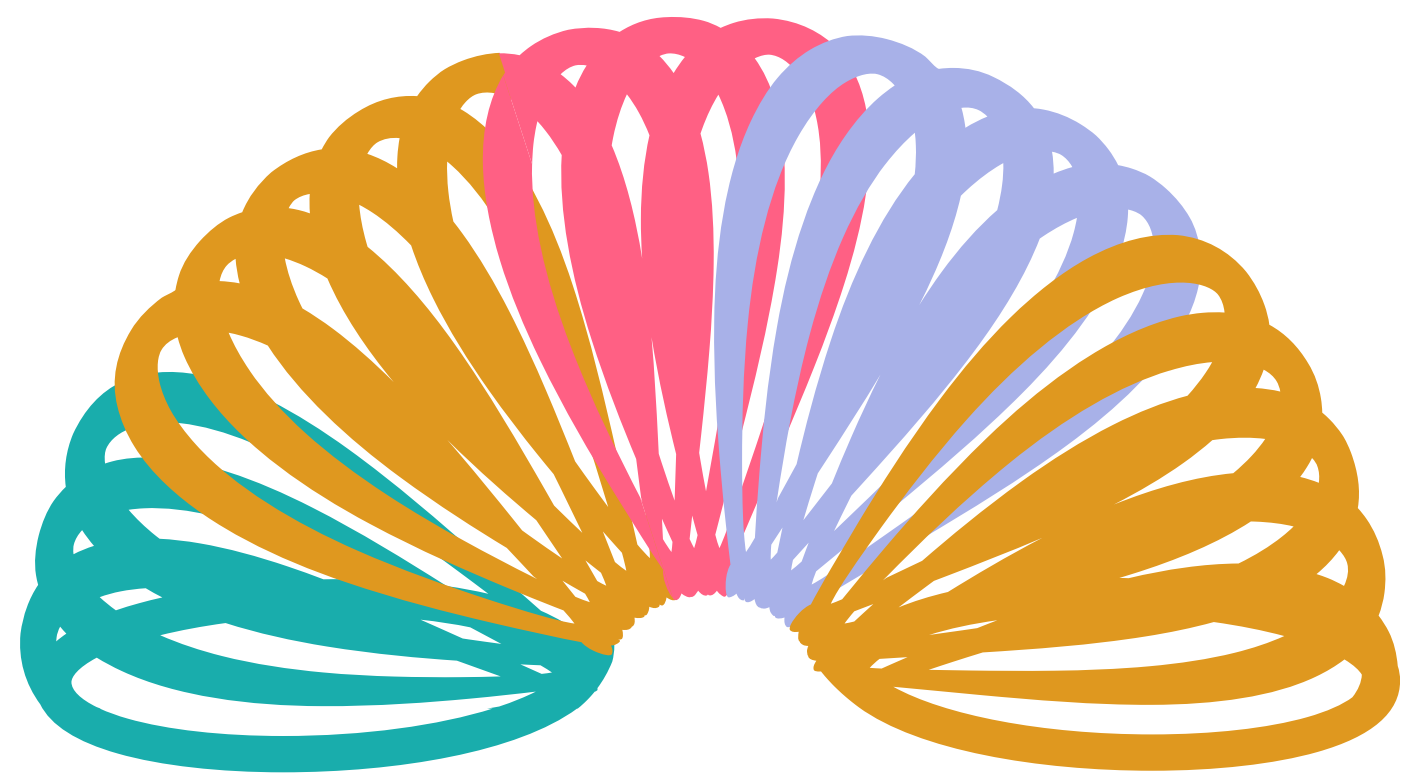
FYE/UNIV 1820.001

RESILIENCE AND SELF-DISCOVERY: FINDING YOUR STRENGTHS TO ENABLE YOUR SUCCESS

**with Amy McKeon
11:00 am - 11:50 am
Tuesdays**

This course will discuss psychological capital (PsyCap) which includes hope, efficacy, resilience, and optimism (HERO).

Clifton Strengths will serve as a secondary theme throughout the course, with the goal to recognize and increase one's resilience factors. Through a mixture of lectures, media, and group discussion, students will work to develop higher PsyCap both personally and professionally.



H OPE

E FFICACY

R ESILIENCE

O PTIMISM

UConn | UNIVERSITY OF CONNECTICUT

FIRST YEAR PROGRAMS, LEARNING COMMUNITIES,
ACADEMIC ACHIEVEMENT CENTER,
INNOVATION ZONE