Step Up (Thrive)

Thriving is the ability to meet a challenge and grow to an even higher level of functioning and well-being than prior levels experienced.

Kendra is a first-year student at Cornell. After struggling in an introductory class, Kendra is initially discouraged by her grades. She is a little flustered, her confidence is low and she’s worried about falling behind. After a few weeks, she decides to join a study group for one of her classes, which helps to ease her worry about not understanding her workload. She attends programs offered in Student Life and takes some time to relax and recharge. Kendra feels more comfortable in her ability to manage her course load. She is excited to go home for winter break and is looking forward to the spring semester.

Bounce Up (Be Resilient)

Resilience is the ability to recover quickly from stressful events and to return to your previous level of functioning.

Alex is a first-year student at Cornell. After a few weeks of宿舍生活, he finds himself struggling to adapt. He feels overwhelmed and anxious about the academic demands of college. Alex decides to talk to his academic advisor about his concerns. His advisor encourages him to seek support from student life and academic resources. Alex also joins a study group and finds that he is able to bounce back from stressful situations.