

**The Resilience Toolkit  
Lynn University**

**Executive Summary**

It is no secret that today's college students face mental health challenges, and seek professional counseling, at higher rates than those of previous generations. Recent reports from the field indicate that students increasingly report symptoms of clinical anxiety and depression, and over one-third of students experience suicidal ideation at some point during their transition to college.

A review of institutional data from Lynn's counseling center revealed similar patterns to those reported at the national level. From 2017-2019, Lynn students consistently made appointments to help them cope with anxiety and stress, and increasingly reported trouble adjusting to college life. While the academic literature is full of potential explanations for these troubling patterns, one construct seems particularly relevant for today's college students: *resilience*.

Support for a *resilience* focus for Lynn's new QEP was resounding, as faculty, students, staff, and administration agreed that students are missing essential skills (e.g., positive coping strategies) and struggle with self-doubt in the new college setting.

Lynn's new QEP – *The Resilience Toolkit* – will be executed as a multi-phase intervention that will benefit the entire Lynn community. The interventions will take a comprehensive approach, targeting students as part of their first-year academic curriculum, and again, during their second-year co-curricular experiences. All interventions will be delivered by faculty members and experts in the fields of wellness and resilience. Various offices on campus have collaborated to adapt literature-based, original materials suited to and specifically targeting Lynn students. In addition, faculty, staff, and the community at-large will take place in an annual *Resilience Retreat* that will mirror the interventions being provided to the student body. Brief assessments will take place before and after each phase of the intervention and will be delivered through the University's Learning Management System.

Lynn University believes this focus on resilience will contribute to student learning and student success and will equip Lynn students for their time at Lynn and beyond.

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