TRADITIONALLY...

Resilience has been defined as a personality trait (Connor & Davidson, 2003).

This theory implies that it will remain relatively constant throughout the lifespan.

Most often used for clinical studies.

HOWEVER...

New emerging theory claims that resilience is a cognitive process (Kaplan, 2013).

It can change given one’s surroundings.

Ultimately suggests that resilience can change across the life span.

WHAT IS RESILIENCE?

The positive adaptation to adversity (Scali et al., 2012; Kaplan, 2013)

RESILIENCE Change in Resilience Scores

F(1,79)= 4.183, P<.05

METHODS

PARTICIPANTS

80 Chapman University Students
40 First Generation College Students
40 Non First Generation College Students

PROCEDURE

Pre-Test (Either 12/13 item CD-RISC)
3 Mazes (Either Pass or Fail condition)
Post-Test (Either 12/13 item CD-RISC)

RESULTS

Pre-Post Mean Resilience Scores

F(1,79)= 4.183, P<.05

DISCUSSION

The condition, Pass or Fail, had an effect on resilience scores.

The CONNOR-DAVIDSON RESILIENCE SCALE (CD-RISC) can measure resilience as a cognitive process, measure a change in resilience.

The results demonstrate little variation amongst first generation college students. This suggests STABILITY.

Surprisingly, non first-generation college students demonstrate wide variation. Notably, their resilience increased under the pass condition. Further studies will have to investigate these population differences.

In order to progress, researchers must develop additional scales to add to the CD-RISC in order to measure resilience. As well as measure the long lasting effects that events, or situations, can have on resilience.