



Project Management

Personal Resiliency Assessment

LINKED COMPETENCY: Persistence in the face of ongoing change

When students can identify strengths and areas for improvement in their personal resiliency, they can more readily develop coping strategies and build strong support systems to help them navigate challenging situations in ways that support their wellness and persistence.

OUTCOMES:

- Assess their personal resiliency strengths and areas for improvement.
- Create a plan to lead with their strengths in project management.
- Create a resiliency resource spreadsheet.

Use strategies to engage in healthy persistence in the face of ongoing change or obstacles throughout a project			
Exploring		Implementing	
I have attended seminars and/or am reading books about healthy persistence.	I have used my knowledge about healthy persistence to engage in reflection on the strategies to build resilience in the face of ongoing obstacles or change.	I have created flexible clear, actionable goals and have a realistic plan for achieving them.	I use a variety of strategies to overcome obstacles and persist in the face of ongoing change or challenges, including but not limited to surrounding myself with a supportive accountability community and seeking and support as needed.

Remind your students to reflect, add, and annotate evidence of competency to their portfolios.

- **Reflect** on their experiences and what they learned through the activities and feedback.
- **Add** evidence of competency to their portfolios.
- **Annotate** the evidence to highlight their specific competency.





LEARNING ACTIVITY: PERSONAL RESILIENCY ASSESSMENT AND PLAN

Materials Needed:

- Resiliency Self-assessment. Examples:
 - [Resiliency Stage Inventory](#)
 - [Personal Resilience Scale](#)
 - [Resilience Questionnaire](#)
 - [Resiliency Quiz](#)
 - [Resiliency Test](#)
- Resources for resiliency strategies. Examples:
 - [Cornell Health: Building Resilience](#)
 - [5 Ways to Build Resilience](#)
 - [Developing Resilience and Overcoming Imposter Syndrome](#)
- Handouts
 - [Resiliency and Wellbeing in the Workplace Resource Spreadsheet](#)
 - [Resiliency Strengths and Areas for Improvement](#)

Activity 1: Defining Resiliency

1. Have students work in small groups to define resilience and explain its importance in project management. They should search for at least two academic sources to support the definition and explanation.
2. Share with students some common challenges and setbacks in project management, such as stress, burnout, conflict, and unexpected changes in project scope or timeline.

Activity 2: Self-Assessment

1. Instruct students to conduct a resiliency self-assessment using one of the resources above (you can also use Google to find other self-assessments).

Activity 3: Personal Resiliency – Leading with Strengths

1. Using the handout at the end of this document, have students include a list of their top three strengths and a list of their top three areas for improvement.
2. Highlight specific strategies and resources to manage stress, build resilience, and maintain a positive mindset. Below each column ask students to write down ways that they can leverage their strengths and what strategies they might use to increase their resiliency.

Activity 4: Creating a Personal Resiliency Support List

1. Using the personal resiliency support list handout at the end of this document, have students list areas of concern that will limit their productivity and well-being throughout their program of studies.
2. At this time, you will want to direct their attention to the [Grad Hub](#), [Student Wellness Centre](#), [Writing Centre](#), and other services offered through your department.

Conclusion:

1. Summarize the importance of resilience in project management and its practical applications.
2. Provide students with handouts on resilience strategies and resources for their reference.





Resiliency and Wellbeing in the Workplace Resource Spreadsheet

Consider the following Support Spreadsheet for your thesis project management. Developing a resiliency and wellbeing worksheet for team members on a project is a good strategy to ensure that when challenges arise that there is a quick list of resources and contact information for people the team can reach out to. How could you review something like this with your project team? What are the benefits of its creation and use?

Grad Skills PD Partnerships/Initiatives

Concerns and areas that will limit your productivity and well-being throughout your program of studies.	Who can I contact? Indicate their contact information.	What services can they offer? How can they help	Additional notes
I am having trouble communicating with my supervisor.			
I need to improve my presentation skills.			
I need to improve my writing skills to get my message across.			
I need to find a job but don't know how my skills in my PhD are transferable to other careers.			
I am noticing conflict between people on my thesis project team.			
I don't know how to get my research seen so that it can have an increased impact.			





How do I know if I am taking all the right classes to convocate?			
How do I prepare for my proposal defense? What should I expect?			
How do I prepare for my thesis defense? What should I expect?			
I want to publish articles, but I don't know where to start.			
I feel like I am learning in isolation, how can I become part of a learning community.			
I am feeling overwhelmed with my program of studies.			





Resiliency Strengths and Areas for Improvement

Resiliency Self-assessments <ul style="list-style-type: none"> ○ Resiliency Stage Inventory ○ Personal Resilience Scale ○ Resilience Questionnaire ○ Resiliency Quiz ○ Resiliency Test 	Resources for resiliency strategies. <ul style="list-style-type: none"> ○ Cornell Health: Building Resilience ○ 5 Ways to Build Resilience ○ Developing Resilience and Overcoming Imposter Syndrome
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Strengths	Areas for Improvement
When challenges occur, what can you do to lead with your strengths?	What strategies can you implement to improve your resiliency?

