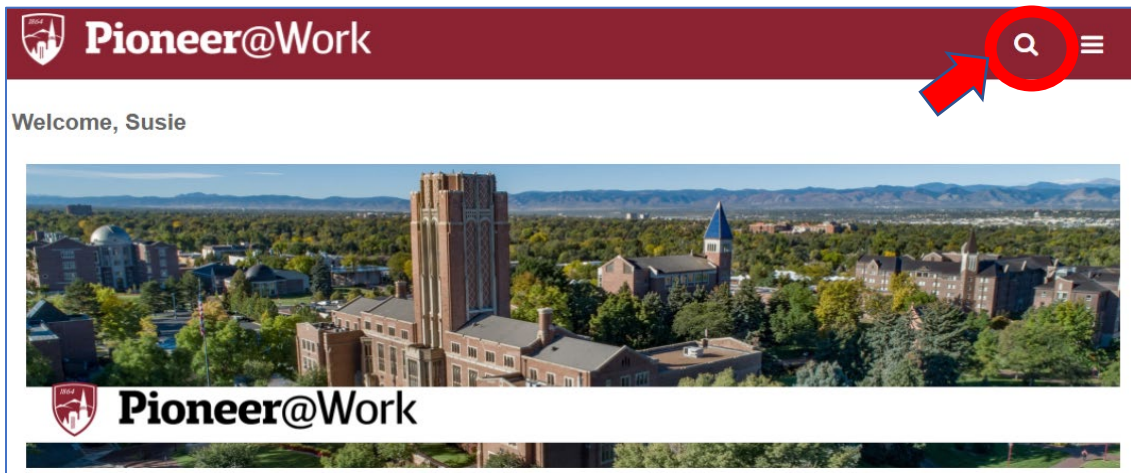




# C+V Resilience Course

## User Guide

1. Visit: <https://www.du.edu/human-resources/people-development/learning-development/pioneer-at-work.html> and log in with your DU credentials
2. Click on the search bar icon in the upper right-hand corner of the screen.



3. Type “C+V Resilience” in the search bar and choose the training from the dropdown.



4. Click on “Open Curriculum”.



**Pioneer@Work**

CURRICULUM

## C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties

Last Updated 12/04/2020 Duration 49 minutes

**Details**

As we continue to navigate what has been a tough year for so many, we keep grappling with this question: 'How do we make it through this?' It seems like all of our decisions and life right now revolve around how to navigate this pandemic, and it sometimes it feels like it's all we can talk about.

However, we do recognize that even through these times, we can learn and grow.

CURRICULUM

C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties

**Open Curriculum** ▼

or

**Assign**

5. You will be presented with five separate sections to complete. In the first section, Introduction to Resilience & Growth Mindset, click on “View Details” to get started OR click on the section title in the sidebar.

C+V: Your Resilience & Growth Mindset Roadmap: Growing T...

## C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties

Options ▼

0%

CURRICULUM PROGRESS

### C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties

- INTRODUCTION TO RESILIENCE & GROWTH MINDSET
- FOUNDATIONS OF WELL-BEING AND RESILIENCE
- ENVIRONMENTAL STRESS & RESILIENCE
- IMPACT OF LIVED EXPERIENCES ON GROWTH MINDSET
- REFLECTION

As we continue to navigate what has been a tough year for so many, we keep grappling with this question: 'How do we make it through this?' It seems like all of our decisions and life right now revolve around how to navigate this pandemic, and it sometimes it feels like it's all we can talk about. However, we do recognize that even through these times, we can learn and grow. It's not easy, and everyone's journey looks different, but together we can build connections with others; focus on our balance and well-being; find purpose for what drives us; embrace healthy thoughts and living; and seek help when it's needed (APA, 2012). With these ideas in mind, C+V, 4-D, HRIC, DUGC, The Cultural Center, Athletics and Recreation, and other campus partners have created this module for you to facilitate your own virtual journey of how to live out growth mindset and resilience. This module will take approximately 1.5 hours to complete. You will learn the ins and outs of resilience and growth mindset and spend time reflecting on your roadmap of how you can learn and grow through this, knowing that this pandemic won't last forever, and we will get through this.

0%	<b>Introduction to Resilience &amp; Growth Mindset</b>	Completed: 0 Min Required: 3 Total Items: 3	<b>View Details</b>
0%	<b>Foundations of Well-Being and Resilience</b>	Completed: 0 Min Required: 2 Total Items: 2	<b>View Details</b>
0%	<b>Environmental Stress &amp; Resilience</b>	Completed: 0 Min Required: 2 Total Items: 2	<b>View Details</b>
0%	<b>Impact of Lived Experiences on Growth Mindset</b>	Completed: 0 Min Required: 2 Total Items: 2	<b>View Details</b>

6. Click on “Launch” to open the module guidebook.



**C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties** Options ▾

0% Completed: 0 Min Required: 3 Total Items: 3

**Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties** Launch ▾  
Status: Registered Due: No Due Date  
Our goal for this module is to create an empowering space for you to create a personal "roadmap" of your own growth mindset and resilience journey—it...

**Introduction to Resilience & Growth Mindset** Launch ▾  
Status: Registered Due: No Due Date Training Hours: 11 min  
Ken Pinnock, MS, SHRM-SCP is the Director of People Development who leads talent management and organizational development programs and initiatives...

**Introduction to Resilience & Growth Mindset** Launch ▾  
Status: Not Started Due: No Due Date

7. The guidebook will open in a new window. After reviewing the document, click on the “X” in the upper right-hand corner of the window.

983f9f3b-2815-45aa-b931-97309b54c3ea\_C\_V\_Resilience\_Training\_Guidebook.pdf - Google Chrome

uofdenver.csod.com/clientimg/uofdenver/MaterialSource/983f9f3b-2815-45aa-b931-97309b54c3e...

0% CURRICULUM PROGRESS

**C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties**

- INTRODUCTION TO RESILIENCE & GROWTH MINDSET
- FOUNDATIONS OF WELL-BEING AND RESILIENCE
- ENVIRONMENTAL STRESS & RESILIENCE
- IMPACT OF LIVED EXPERIENCES ON GROWTH MINDSET
- REFLECTION

**1864** **Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties**

**MODULE GUIDEBOOK**

**Why this module at this moment?**

We are exhausted. 2020 feels like a year that continues to throw adversity and trials at all of us. Through it all, we have grappled with one simple but complex question: *'How do we make it through this?'* With this question in mind, C+V is partnering with the 4-Dimensional Experience, Human Resources and Inclusive Community, DU Grand Challenges, The Cultural Center, Athletics and Recreation, and other campus partners to create a new online experience for our campus community.

We know that Zoom and virtual event fatigue are real, so instead of our traditional webinars, we have created and partnered with HRIC to provide a self-paced, asynchronous module for you to facilitate your own virtual journey through the topics of resilience and growth mindset.

8. Mark the document as “Mark Complete.”
9. Click on “Launch” to start the video.



The screenshot shows a learning management system interface. On the left, a circular progress indicator shows 7% completion under the heading 'CURRICULUM PROGRESS'. Below this, a sidebar lists three modules: 'INTRODUCTION TO RESILIENCE & GROWTH MINDSET' (selected), 'FOUNDATIONS OF WELL-BEING AND RESILIENCE', and 'ENVIRONMENTAL STRESS & RESILIENCE'. The main content area is titled 'C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties' and shows a progress bar at 34%. It lists three modules, each with a 'Launch' button. The second module, 'Introduction to Resilience & Growth Mindset', is highlighted with a red circle around its 'Launch' button.

10. Once you finish watching the video, click “Mark Complete”.

The screenshot shows a video player interface for the 'Introduction to Resilience & Growth Mindset' video. The video is currently playing, showing a slide with the text: 'Growth Mindset – can learn new skills, approaches, practices and adapt to new situations through challenges, and these experiences can increase intellect and abilities.' Below the slide, there is a list of bullet points: 'Learning and adapting is hard work, not only talent', 'Acknowledge imperfections give self space especially in new uncertain circumstances/situations', 'Process matters as much or more than result - we learn by process', 'Self-talk counts – “not nervous, excited” “not failing, learning”, “haven’t mastered...yet”. Our self-talk creates and reinforces our reality.', 'Minimize comparison to others as we each learn, adapt and respond to uncertainty differently.', and 'Resilience is trying again – which fosters a growth mindset that in turn...gives us the space and resources to be to resilient.' At the bottom right of the video player, there are two buttons: 'Close' and 'Mark Complete'. The 'Mark Complete' button is highlighted with a red circle and a red arrow pointing to it.

11. Click on “Launch” to open the form with reflection questions.



C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties

14% CURRICULUM PROGRESS

**C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties**

- INTRODUCTION TO RESILIENCE & GROWTH MINDSET
- FOUNDATIONS OF WELL-BEING AND RESILIENCE
- ENVIRONMENTAL STRESS & RESILIENCE
- IMPACT OF LIVED EXPERIENCES ON GROWTH MINDSET

**Introduction to Resilience & Growth Mindset**  
67% Completed: 2 Min Required: 3 Total Items: 3

- Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties**  
Status: Completed Due: No Due Date  
Our goal for this module is to create an empowering space for you to create a personal "roadmap" of your own growth mindset and resilience journey—it...
- Introduction to Resilience & Growth Mindset**  
Status: Completed Due: No Due Date Training Hours: 11 min  
Ken Pinnock, MS, SHRM-SCP is the Director of People Development who leads talent management and organizational development programs and initiatives...
- Introduction to Resilience & Growth Mindset**  
Status: Not Started Due: No Due Date

12. Fill out the form, then click on “Submit Final Answers”.

**Introduction to Resilience & Growth Mindset**

**Questions**

1. Everyone has their own experiences and story. As you think about this, what is your own personal definition of resiliency and growth mindset?
2. What do you think are the similarities and differences between resiliency and growth mindset?
3. We all are constantly learning and growing through life. During this module, you will be exposed to different ideas and definitions of resiliency and growth mindset in this module. How will you connect those definitions to your own definition?

Save / Return Later **Submit Final Answers**

13. To move to the next section, click on the next training topic in the sidebar.



C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties

20%

CURRICULUM PROGRESS

**C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties**

- INTRODUCTION TO RESILIENCE & GROWTH MINDSET
- FOUNDATIONS OF WELL-BEING AND RESILIENCE
- ENVIRONMENTAL STRESS & RESILIENCE
- IMPACT OF LIVED EXPERIENCES ON GROWTH MINDSET

**Introduction to Resilience & Growth Mindset**  
100% Completed: 3 Min Required: 3 Total Items: 3

- Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties**  
Status: Completed Due: No Due Date  
Our goal for this module is to create an empowering space for you to create a personal "roadmap" of your own growth mindset and resilience journey—it...
- Introduction to Resilience & Growth Mindset**  
Status: Completed Due: No Due Date Training Hours: 11 min  
Ken Pinnock, MS, SHRM-SCP is the Director of People Development who leads talent management and organizational development programs and initiatives...
- Introduction to Resilience & Growth Mindset**  
Status: Completed Due: No Due Date

14. Repeat steps 8 through 12 until you have completed the first four sections.

15. Click on the Reflection section.

C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties

80%

CURRICULUM PROGRESS

**C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties**

- INTRODUCTION TO RESILIENCE & GROWTH MINDSET
- FOUNDATIONS OF WELL-BEING AND RESILIENCE
- ENVIRONMENTAL STRESS & RESILIENCE
- IMPACT OF LIVED EXPERIENCES ON GROWTH MINDSET
- REFLECTION

**Impact of Lived Experiences on Growth Mindset**  
100% Completed: 2 Min Required: 2 Total Items: 2

- Impact of Lived Experiences on Growth Mindset**  
Status: Completed Due: No Due Date Training Hours: 9 min  
Michele Tyson discusses the impact of lived experiences on the growth mindset.
- The Impact of Lived Experiences on Growth Mindset**  
Status: Completed Due: No Due Date

16. Click on "Launch" next to the form title.



The screenshot displays a learning management system interface. On the left, a circular progress indicator shows 80% completion under the heading 'CURRICULUM PROGRESS'. Below this, a sidebar lists course topics: 'C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties', 'INTRODUCTION TO RESILIENCE & GROWTH MINDSET', 'FOUNDATIONS OF WELL-BEING AND RESILIENCE', 'ENVIRONMENTAL STRESS & RESILIENCE', 'IMPACT OF LIVED EXPERIENCES ON GROWTH MINDSET', and 'REFLECTION'. The main content area is titled 'C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties' and includes an 'Options' dropdown. A 'Reflection' section shows 0% completion with 1 item. The item 'Mapping Your Journey Through Goal-Setting' is listed with a 'Launch' button circled in red.

**80%**  
CURRICULUM PROGRESS

**C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties**

- ✓ INTRODUCTION TO RESILIENCE & GROWTH MINDSET
- ✓ FOUNDATIONS OF WELL-BEING AND RESILIENCE
- ✓ ENVIRONMENTAL STRESS & RESILIENCE
- ✓ IMPACT OF LIVED EXPERIENCES ON GROWTH MINDSET
- REFLECTION

**C+V: Your Resilience & Growth Mindset Roadmap: Growing Through Difficulties** Options ▾

**Reflection**  
0% Completed: 0 Min Required: 1 Total Items: 1

**Mapping Your Journey Through Goal-Setting** **Launch** ▾  
Status: Not Started Due: No Due Date

17. Complete the form questions and submit.



## Mapping Your Journey Through Goal-Setting

### Summary

We know you have heard and learned a lot through this module so far, but as you go through this section and think about your own experiences and goal setting, don't forget, to think about the three concepts below:

- Measurable - When will your goals be completed?
- Verifiable - How will you keep yourself accountable?
- Achievable - Given your schedule, are you able to complete this goal?

1. As you've navigated this module, how have your ideas and definitions of resiliency and growth mindset evolved/expanded/changed/stayed the same?

2. In thinking about your own journey and after making your way through this module, what goals do you want to set for yourself for today, tomorrow, next week, or at some other point in the future?

3. We all know that failure and challenges will be a part of life, but we don't have to view them as a bad thing but rather a time to learn and grow. What is your plan when you run into challenges? How can you try to grow? What will you say to yourself? What actions will you take?

4. What are some tangible ways you can find connections and build relationships of support to help you in your resilience and growth mindset journey?

5. What did you most like about this experience?

6. How can we improve this experience for the future?

Save / Return Later

Submit Final Answers

18. Once the form is submitted, you have successfully completed the curriculum! Keep an eye out for an email from [communityplusvalues@du.edu](mailto:communityplusvalues@du.edu) with all of your form answers, including your action plan.