

Resilience & Bouncing Back

1. What are some ways I could become more engaged in my classes?
2. Which organization or time management strategy mentioned in this [episode](#) would make the most difference in my life if I applied it right now?
3. Am I in the right major? And how do I know?
4. What role do these people play in my life and how could I make the most of the support they might have to offer?
 - parents
 - siblings
 - friends
 - significant others
 - fellow students
 - professors
 - advisors
 - RAs or counselors
 - tutors
5. One student in this episode talks about how changing his view of the purpose of a college education made a huge difference in his academic performance. What is my view and how could I change it?

