



# Dowd/Sanders Wellness & Resilience Program



## ABOUT THE PROGRAM

The Penn Positive Psychology Center has developed a series of three, 90-minute workshops for undergraduate students within Penn's College Houses. The goal is to teach you actionable resilience and wellbeing skills to navigate adversity and thrive in your personal and academic life.

The Positive Psychology Center is widely recognized as a leading organization for state-of-the-art, evidence-based resilience and wellbeing programs, attended by more than a million people. For more information, visit [ppc.sas.upenn.edu](http://ppc.sas.upenn.edu).

## WORKSHOP TOPICS



### RESILIENCE & OPTIMISM

This session enhances your understanding of the science of resilience and wellbeing and the benefits of an optimistic mindset. You will learn the six strategies of an optimistic mindset.



### AVOID THINKING TRAPS

This session strengthens your ability to avoid the counter-productive patterns of thinking that undercut resilience. You will learn six common thinking traps and practice a strategy to avoid falling into thinking traps.



### REAL-TIME RESILIENCE

This session demonstrates four strategies to challenge counter-productive thinking in the moment. You will practice each strategy to build greater focus and confidence.

### ENROLL IN THE THURSDAY EVENING OR SUNDAY AFTERNOON SESSIONS:

Thursdays, 7:00-8:30 pm  
(Jan. 26, Feb. 16, March 16)

Sundays, 3:00-4:30 pm  
(Jan. 29, Feb. 19, March 19)



This program was made possible by the generosity of The Pamela and Arthur Sanders Family Foundation to underscore the importance of instilling resilience and wellness among undergraduate students within Penn's College Houses.

For more information and to register, visit [wellness.upenn.edu/wellness-and-resilience-program](http://wellness.upenn.edu/wellness-and-resilience-program) or scan here.

*Students who complete all three workshops will receive a Wellness and Resilience Certificate. Students who do not attend all three sessions are welcome, but will not receive the certificate.*

