

NALP 2017 Annual Education Conference (San Francisco, CA)
Building Law Student Resilience: Practical Tools for Programming and Counselling

April 19, 2017 - 2:15pm - 3:30pm

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ADDITIONAL RESOURCES AND ASSESSMENT TOOLS

Books

- Shawn Achor, *The Happiness Advantage: The Seven Principles of Positive Psychology that Fuel Success and Performance at Work* (2010, Crown Business)
- Angela Duckworth, *Grit: The Power of Passion and Perseverance* (2016, Simon & Schuster)
- Carol Dweck, *Mindset: The New Psychology of Success* (2007, Random House Publishing Group)
- Karen Reivich and Andrew Shatté, *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles* (2002, Three Rivers Press)
- Martin E. P. Seligman, *Learned optimism: how to change your mind and your life* (2006, Vintage Books)

Articles

- Kristen Hamilton, "Why grit matters in the workplace" *World Economic Forum* (October 8, 2014): www.webforum.org/agenda/2014/10/grit-iq-workplace-persistence-failure
- Jennifer Henfey, Werton Bellamy and Sheri M. Zachary, "The Impact of Unstated Performance Behaviors on a Law Student's Employment Opportunities and an Associate's Career Satisfaction and Success" *NALP Bulletin* (March 2016)
- Aaron Hochanadel and Dora Finamore "Fixed And Growth Mindset In Education And How Grit Helps Students Persist In The Face Of Adversity" *Journal of International Education Research* (Vol. 11, 1, 2015)
- Angela Konnikova, "How People Learn to Become Resilient" *The New Yorker* (February 11, 2016)
- Michael Pearn, Jill Flint-Taylor and Cary Cooper, "Building Resilience" *Training Journal* (September 2013)
- Jason M. Satterfield, John Monahan and Martin E. P. Seligman, "Law School Performance Predicted by Explanatory Style" *Behavioural Sciences and the Law* (Vol. 15, 95-105, 1997)

Online Resources

- Grit Project Program Toolkit: http://www.americanbar.org/groups/women/initiatives_awards/grit/toolkit.html
- TED Talk by Angela Duckworth: https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en
- TED Talk by Carol Dweck: https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en

Resiliency Assessment Tools for Students

- RQ Test in Karen Reivich and Andrew Shatté, *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles* (2002, Three Rivers Press)
- Adaptiv Resilience Factor Inventory by the Hay Group (Resilience Workbook and Online Assessment): http://www.adaptivlearning.com/haygroup_resilience
- Grit Scale (by Angela Duckworth): <http://angeladuckworth.com/grit-scale/>
- Mindset Quiz: <http://mindsetonline.com/testyourmindset/step1.php>