

## **Successful studying with resilience (SU Teaching Assistant and Learning Program; module: Learning)**

**Target groups:** students, guest and auditing students, tutors from all faculties, doctorate students without teaching task, anyone else, who is interested

**Content:** Resilience is the buzzword that we hope will make us stronger and more resilient through the skills and attitudes it represents. We want to explore concepts of mental resilience that can help us overcome uncertainty and crises. Students can face a variety of uncertainties. Difficult learning and exam experiences can cause them to doubt whether they can overcome certain obstacles in their studies. Almost every student also experiences uncertainty about whether they will be able to confidently master certain study, learning, and exam situations. How can resilience help in such crisis situations? We want to discuss this together in this workshop.

**Lecturer and Program manager:** Dr. Birgit Roßmanith has been head of the University Didactics Unit at the SU at ZeLL since 2008.

[hochschuldidaktik@uni-saarland.de](mailto:hochschuldidaktik@uni-saarland.de)

<https://www.uni-saarland.de/einrichtung/zell/arbeitsstelle-hochschuldidaktik.html>