Eavesdropping on researchers

**Building Resilience – Associate Professor Beth Saggers**

[Music]

My first tip for building resilience is to help support those networks within the school for the student, so those people that you can help the student to identify as ones that they could go and seek out support from if they need it and that they are comfortable seeking support from.

Establishing those links with friends is really essential and trying to nurture a small positive group and friendship group, is really essential. And my third tip would be for building resilience to ensure that you have helped the student to set up achievable goals, so that you can help them 1 to set up those goals but also to help map their progress and help them to work towards achieving those goals

[Music]