

# RESILIENCY

"A set of qualities that helps a person withstand many of the negative effects of adversity" (Gilligan, 2000).

# PROGRAM BENEFITS

- Acquire a resilient mindset
- Develop social-emotional skills
- Enhance reading and academic strategies
- Form positive and impactful relationships
- Gain personal and professional competencies
- Address the challenges of poverty and trauma

# "SEEDS"

- Autonomy and Independence
- Empathy and Feelings
- Problem-Solving
- Persistence
- Future Planning

# SAMPLE PROGRAM SCHEDULE

Program Orientation and Training

## SESSION #1

Relationship and expectation setting

## SESSION #2

Relationship and expectation setting

## SESSION #3

Autonomy and Independence

## SESSION #4

Empathy and Feelings

## SESSION #5

Problem Solving

## SESSION #6

Persistence

## SESSION #7

Future Planning

## SESSION #8/#9

Seeds of Success Review Game  
Celebration and distribution of certificates

\*Books and activity materials are available to be checked out in Lavery Library, St. John Fisher College



ALIVIA CLARK  
INCLUSIVE CHILDHOOD EDUCATION &  
PSYCHOLOGY MAJOR

"This program was a great experience. I became a role model for the children and helped them develop resiliency, courage, and persistence. I saw how I can make a difference and am further inspired to continue on my career path."

RYAN RECREATION CENTER  
STUDENT PARTICIPANT

"I've learned how to take a break to ease your mind, ask for help, and keep on pushing towards your goal."

*"From little seeds grow mighty trees."*

*-Unknown*

# WHAT IS SEEDS OF SUCCESS?

Seeds of Success is a resiliency and reading program offered through St. John Fisher College's Institute for Civic and Community Engagement.

Seeds of Success provides opportunities for children (grades 1-3) impacted by poverty and other challenges to develop a resiliency mindset and learn the social-emotional and academic skills needed to accomplish their goals.

Seeds of Success mentors meet with the children for 8-10 sessions and lead read-alouds and activities on the weekly theme. This experience results in positive relationships with diverse populations, personal, professional, and academic skill building, and an enhanced commitment to civic engagement.



## SEEDS OF SUCCESS

DEVELOPING RESILIENCE IN ROCHESTER'S YOUTH

THIS PROGRAM IS SPONSORED BY:



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