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Occupational Therapy Education: Exploring the Concept of Resilience and its Relationship to Learning

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Introduction: Resilience is not a new concept in health care as it has been a mainstay in working with individuals who have faced significant adversity in their lives. What is “new” is exploring the concept of how to build resilience in occupational therapy students.

Practice Implications: This presentation proposes to highlight a framework and approach for providing learners with tools to assist them when faced with what they perceive as the need to “bounce back” from stressful or challenging situations. We hope this will better prepare learners for their future contexts.

Conclusion: Exploring the concept of resilience and its relationship to learning and the acquisition of health professional competencies is critical with today’s learners. A quick review of the topic and exploration of a framework and proposed resources and strategies will be shared of how one large academic institution is preparing to move forward.