



WHY?

During these unprecedented times, students face tremendous unyielding changes in many facets of their lives. Some effects are felt acutely and immediately and some can be a slow simmer, but can be no less impactful.

The best kind of support is open, peer-to-peer sharing, listening, reflecting, and validating one another. It's like a pressure release valve, which we take for granted during normal times. But these times are far from normal.

Keys to Resilience

There are three key things that help human beings stay resilient in difficult times. It is no accident that these are also the drivers of Round Table Talks!

1. Reduce isolation

And make sense of what's happening!

2. Create a community

To connect and validate your experiences with the people who are going through it with you!

3. Experience your purpose and your power

By being a part of something bigger than yourself. *

**Round Table Talks provide a way to bring together students so they can have conversations that are important to them. These conversations can be fun, funny, serious, solution-oriented, or just venting sessions...or all of the above. Taking a leadership role in organizing or facilitating these round table talks, is the definition of "being a part of something bigger than yourself."*

