**Resilience: The Answer to Nursing Student Success**

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**PURPOSE**

To investigate the relationships between resiliency and student success in undergraduate nursing students.

- Examine the relationship between resiliency and student success.
- Operational definition = Scores on the Resilience Scale & Nursing 204/206 report of midterm deficiencies.
- Nursing 204/206 final grades.

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**SIGNIFICANCE/ PROBLEM**

Resiliency is the ability to adapt to adversity and remains an important concept for the nursing profession. Attrition rates of nursing students in the United States and globally is a concern.

- Resiliency has been documented as being a key to adaptation and possibly, student success.
- It is fostered through increasing positive emotions, humor, self-efficacy, social support, faith, perseverance, coping strategies, and self-knowledge.
- Identification of students at risk may impact student success through the initiation of interventions to increase resiliency.

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**METHODS**

The Wagnild & Young Resilience Scale (RS 14) was used with a convenience sample of 50 sophomore nursing students who were surveyed to evaluate resiliency. The resilience score was then used to investigate if a relationship existed between resilience scores, midterm deficiencies, and final grades.

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**RESULTS**

- Research Question: Is there a relationship between resiliency and student success? Using the statistical program SPSS 23, the Pearson Correlation revealed positive correlations ($p<.01$) between resilience scores, midterm deficiencies, and final grades in sophomore nursing courses.

- Using the statistical program SPSS 23, the Pearson Correlation revealed correlations between resilience scores & midterm deficiencies ($r = -.386; p < 0.01$), and final grades in sophomore nursing courses. Positive correlations were noted between resilience scores & Nur 204: Nursing Process & Practice ($r = .384; p < 0.01$) & Nur 206: Health Assessments ($r = .384; p < .001$).

- Questions with the lowest scores (less resilience) included:
  
  #3-I usually take things in stride.
  #4-I am friends with myself.
  #5-I feel that I can handle many things at a time.

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**IMPLICATIONS FOR PRACTICE**

Current interventions to assist students to succeed include:

- Remediation of practice exams
- Encouraging students with a grade of 80% or less on an exam to review the exam with faculty.
- Meet with students who are placed on mid-term deficiency to investigate areas of concern and provide guidance for improvement.
- Utilize clinical conference time to guide students in developing clinical reasoning skills.
- Faculty serve as role models while fostering a supportive environment for learning in the classroom & on the clinical unit.

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**REFERENCES**


