



FLOURISHING LIFE

Research Study Recruitment notice

Flourish by Design: Identifying and Nurturing the Critical Resilience and Performance Strengths that Emerging University Students Require to Thrive and Experience Well-Being

Are you interested in learning more about your personal strengths and develop your capacities in the academic environment? If so, this may be the study for you! We are looking for a number of first year students, who either commute in or live in residence to take part in a study looking at using best practices to enhance resilience and the ability to perform in the academic environment. During this 8 month study you will be supported by a mentor to optimize: 1) mental health, 2) ability to thrive academically and socially, and 3) your ability to experience positive well-being at school.

What will we ask you to do?

The study consists of 3 parts. **You can choose to take part in one, two or all sections of the study.**

If you agree to participate, you will **first** take the Flourishing and Well-Being Survey (FAWBS) in the fall. The results from the survey will be used to create an individual profile for you that provides information about your strengths across personal, environmental and performance areas. A summary of the results will be given to you that help you understand three key strengths you hold as well as two areas for potential growth. This information will also be provided to a trained mentor, who will be assigned to you from Student Life. You will work with your mentor across the study to enhance your strengths and develop your areas of potential growth. You will be asked to take the FPWB survey again in January and in April so we can better understand your unique development! We will also be asked to keep an on-line journal on Sphere, where you reflect on what you have been learning about yourself, including your self-skills, environmental supports and your performance strengths.

There is also a qualitative portion to this study. If you are interested in participating in this **second** segment of the study, you will meet with an investigator three times: November, January and April and take part in an audio recorded narrative interview that takes about an hour or so. You will be asked questions that encourage you to explore and speak to your personal strengths and limitations and also to reflect on your self-development across the year.

Finally, the **third** part of study asks you take part in a focus group held at the end of April/early May. If you are interested in taking part in this focus group, we will be gathering feedback from participants in about the Flourishing Potential and Well-Being process.

If you are interested in participating in this study, or if you would like further information, please contact Monique Verhoef at monique.verhoef@ambrose.edu or Alex Sanderson at asanderson@ambrose.edu

We look forward to talking to you more about this great opportunity!