*Instructions for your preparation for October 17 PCPrep Class with Dr. Jill Newton - RPCV*

*In preparation for class on October 17, please complete the following:  Dig around on the internet (use any/all sources) for definitions, conceptualizations, and/or components of “emotional resilience.” Also, review anything you can find related to the evolution of the ways in which people have thought about, talked about, and/or written about emotional resilience.  Prepare a 1-2 page (single-spaced) document with the information you found and bring it to class. Please include the link where you found each piece of information so it’s clear which information came from which sources. We will spend our time together making sense of this work.  Looking forward to meeting you soon!*