

- Self-knowledge:** it all starts with you
- S1** I know what my resilience builders and drainers are
 - S2** I know my most productive times of day
 - S3** I know how I respond to a deadline
 - S4** I know how I deal with feedback
 - S5** I know how to handle criticism and conflict
 - S6** I know how I respond to an obligation

Score 1-5 or ✓

- Engagement:** managing your work and environment
- S1** I know how I spend all my time
 - S2** I can overcome procrastination
 - S3** I have time away from my tech
 - S4** I regularly get a good night's sleep
 - S5** I regularly take days off, holidays and vacations
 - S6** I have boundaries between work and my home life

Score 1-5 or ✓

- Self-direction:** seeing your work and projects through to the end
- S1** I have clear goals
 - S2** I know the outcomes I want in my work
 - S3** I have clear accountability in my work
 - S4** I have good writing habits
 - S5** I know when I've done 'good enough' work
 - S6** I have ways of identifying and measuring my success

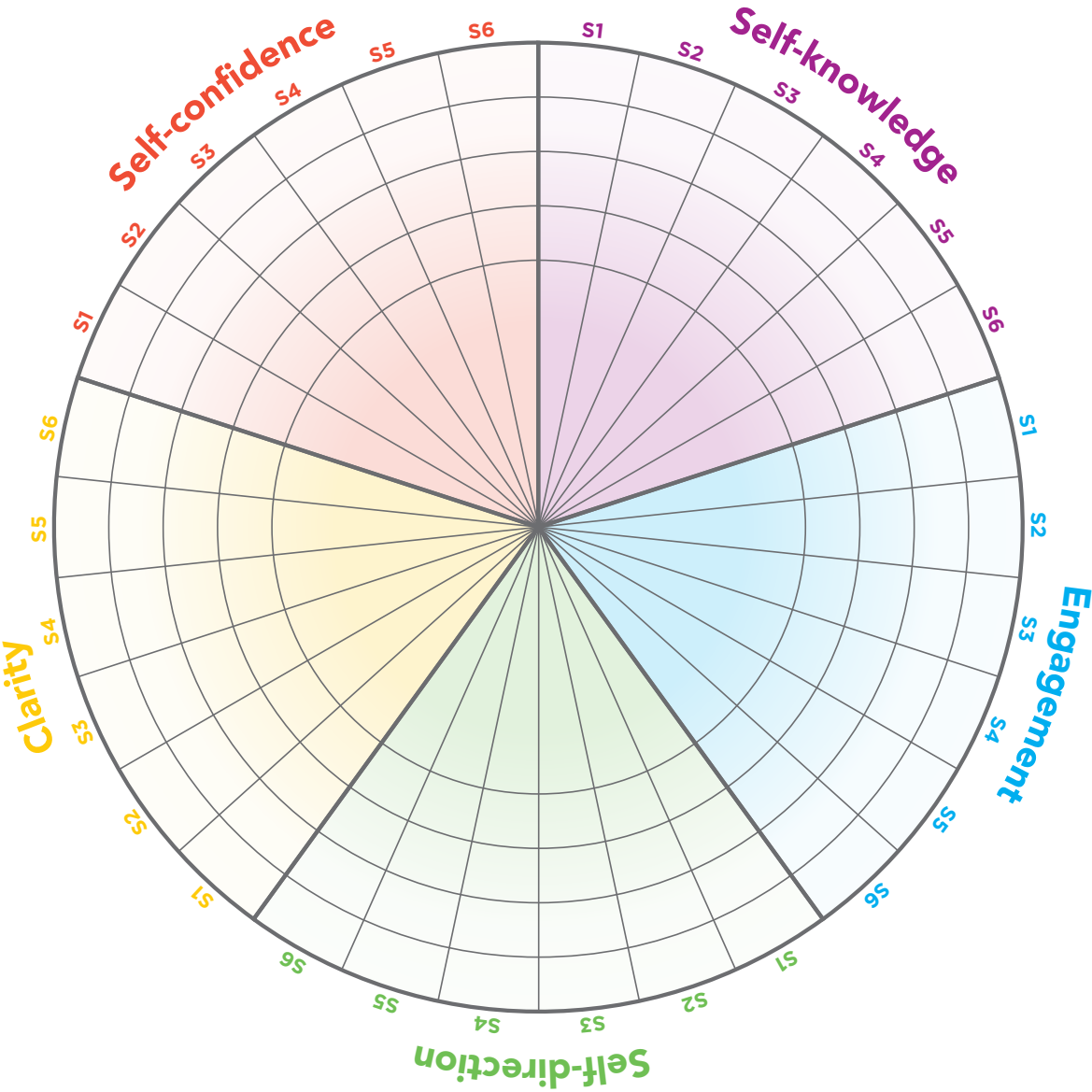
Score 1-5 or ✓

- Clarity:** understanding your role and environment
- S1** I can deal well with distractions
 - S2** I manage criticism, conflict and failure well
 - S3** I am able to say no to things
 - S4** I learn from observing others
 - S5** I have time and space to deal with difficult issues
 - S6** I have goals and a plan of how to achieve them

Score 1-5 or ✓

- Self-confidence:** building ways of believing in, and stretching, yourself
- S1** I have a 'growth mindset'
 - S2** I know my strengths
 - S3** I can tackle something new and unfamiliar
 - S4** I have a mentor that I use as a sounding board for ideas
 - S5** I have people that support me in my life and career
 - S6** I know how to work well with others

Score 1-5 or ✓



The wheel correlates to each of the statements listed overleaf and you can complete your own profile by assigning each statement with the following values:

- 5** - very highly identify with the statement;
- 4** - highly identify with the statement;
- 3** - moderately identify with the statement;
- 2** - weakly identify with the statement; or
- 1** - do not identify with the statement.

You can fill in the boxes with the corresponding values and transfer to the wheel for your resilience overview. Alternatively, you might just want to tick the relevant statement box because the topic sounds like it might be useful and you can access the full Resilience in Research resource via <https://uod.ac.uk/310Ctou>

**Resilience
in Research**



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