

ADAPTABILITY

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WHAT DO WE MEAN BY ADAPTABILITY?

- Adaptability means easily adjusting to changing circumstances.
- When do you need adaptability?
 - Personal Life
 - School
 - Workplace
- Today's focus is adaptability as a student and professional.



GIVE YOURSELVES CREDIT

- You're already pretty adaptable!
 - Covid-19 Pandemic
 - Balancing schoolwork with any combination of the following:
 - Life
 - Family
 - Work
 - Adjusting to an everchanging online world



POLL

- Before we get into more content on adaptability, let's use this poll to gage our current level of adaptivity.



OUTLINE

Why do We Need Adaptability?

Subskills

Components of Adaptability

Adaptability in the Workforce

WHY DO WE NEED ADAPTABILITY?

“It is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able to adapt to and to adjust best to the changing environment in which it finds itself”

-Leon C. Megginson on Charles Darwin's Origin of Species

WHY DO WE NEED ADAPTABILITY?

- We can't plan for everything.
 - Plans go wrong
 - Unexpected changes happen
- How we handle challenges mentally and emotionally.
- How to find paths forward.
- Adaptability can lead to a healthier well-being.
- It is a highly sought after skill by employers.

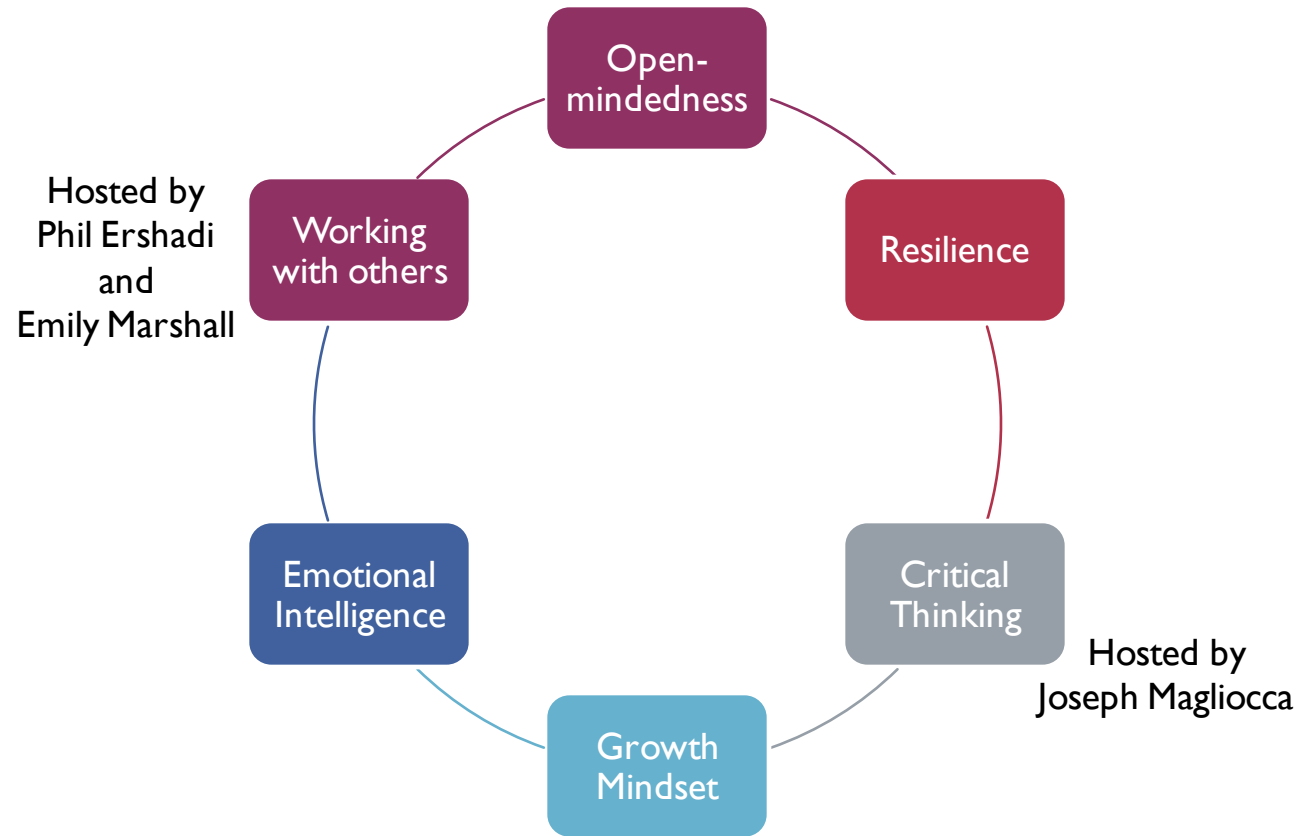




SKILLS FOR ADAPTABILITY



BY OUR POWERS COMBINED...



WE ARE ADAPTABILITY!

OPEN-MINDEDNESS

- Being open-minded means being willing to learn from different perspectives and take new approaches.
- Without being open-minded, we limit ourselves to methods and solutions that we have done in the past, which may no longer be viable.
- We often must admit to ourselves that we don't have the "answer" and need to look outside of ourselves to find it.



RESILIENCE

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences



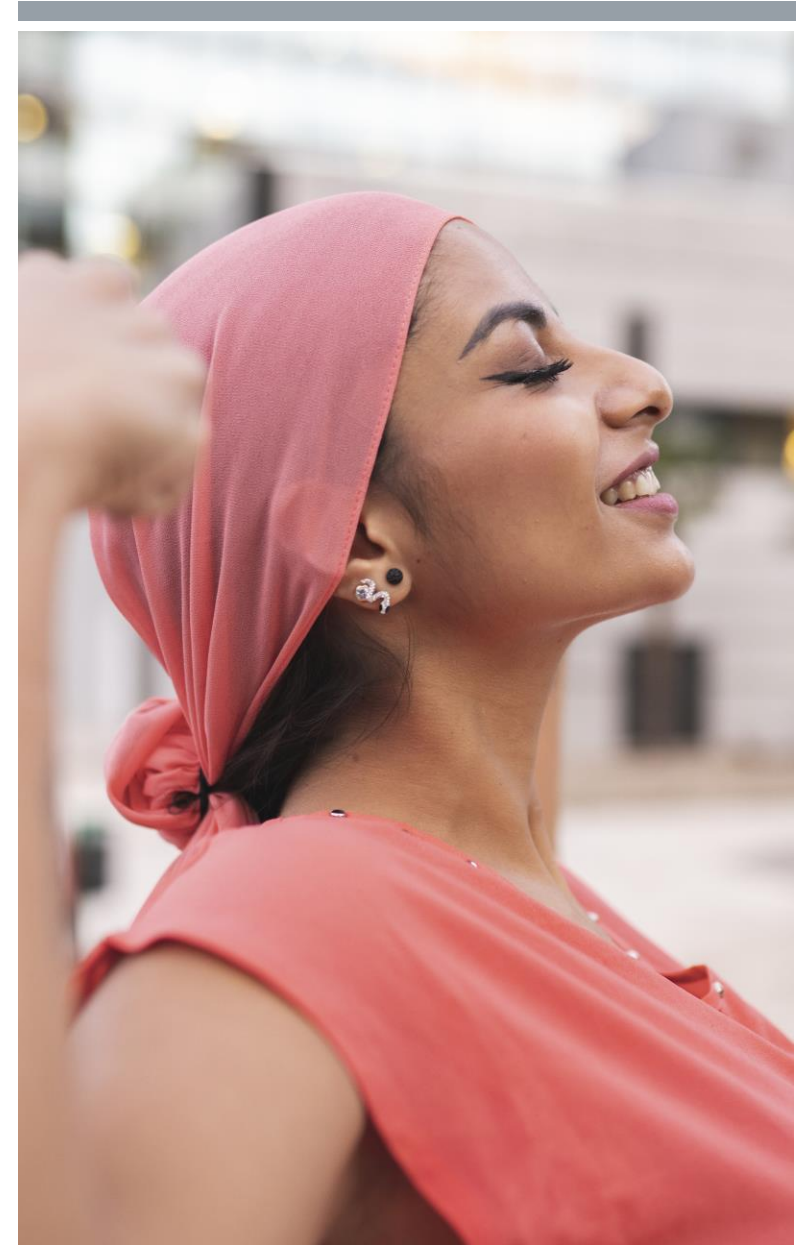
Resilience alone will not be enough to overcome obstacles, but it is a key component



What does resilience look like?

School

Workplace





CRITICAL THINKING

- Processing information
- Informing conclusions
- Making predictions
- Solving Problems

CRITICAL THINKING IN COLLEGE

- Environment
- New courses
- Resources
- Transferable Skills



GROWTH MINDSET

- Challenge as opportunity
- Trying something new
- Prepare for future challenges
- Failure as opportunity





GROWTH MINDSET

- Practice to Improve
- Seeing Our Potential
- Approach with Optimism
- Learning as Fulfillment

EMOTIONAL INTELLIGENCE

- Emotional intelligence is our ability to notice and manage our emotions and to use them in constructive ways.
- Prevent stress from overwhelming us, handle setbacks better, and improve interactions with others.
- Helps us put thoughts into action while also preventing us from acting recklessly.
- Better deal with the impact of failure.



BEING EMOTIONALLY READY TO LEARN

- Learning is a lifelong process.
- Our emotional state affects our ability to retain knowledge as well as our critical thinking skills.



PRACTICING EMOTIONAL INTELLIGENCE

- Self-reflection
 - Identify emotions accurately
 - Ask yourself real questions, answer honestly and specifically
 - List your strengths and weaknesses
 - What drives your fears?
- Stress Management
 - Step away and decompress
 - Do another chore/activity to get back into a productive mindset
 - Breathe!
 - Seek help
- Time Management
 - Keep a planner/calendar
 - Create a plan and stick to it
 - Space things out to stay productive and not burn out
- Communication
 - Communicate feelings.
 - Voice concerns
 - Build a support system
 - You are not alone!

WORKING WITH OTHERS

- We often find ourselves in collaborative environments where we are expected to work with others.
- While working with others can be its own challenge to adapt to, it can also be a skill to help with our own adaptability.
- Learn from various viewpoints.
- Be responsive to feedback.



COMPONENTS OF ADAPTABILITY



- Concern
- Control
- Curiosity
- Confidence

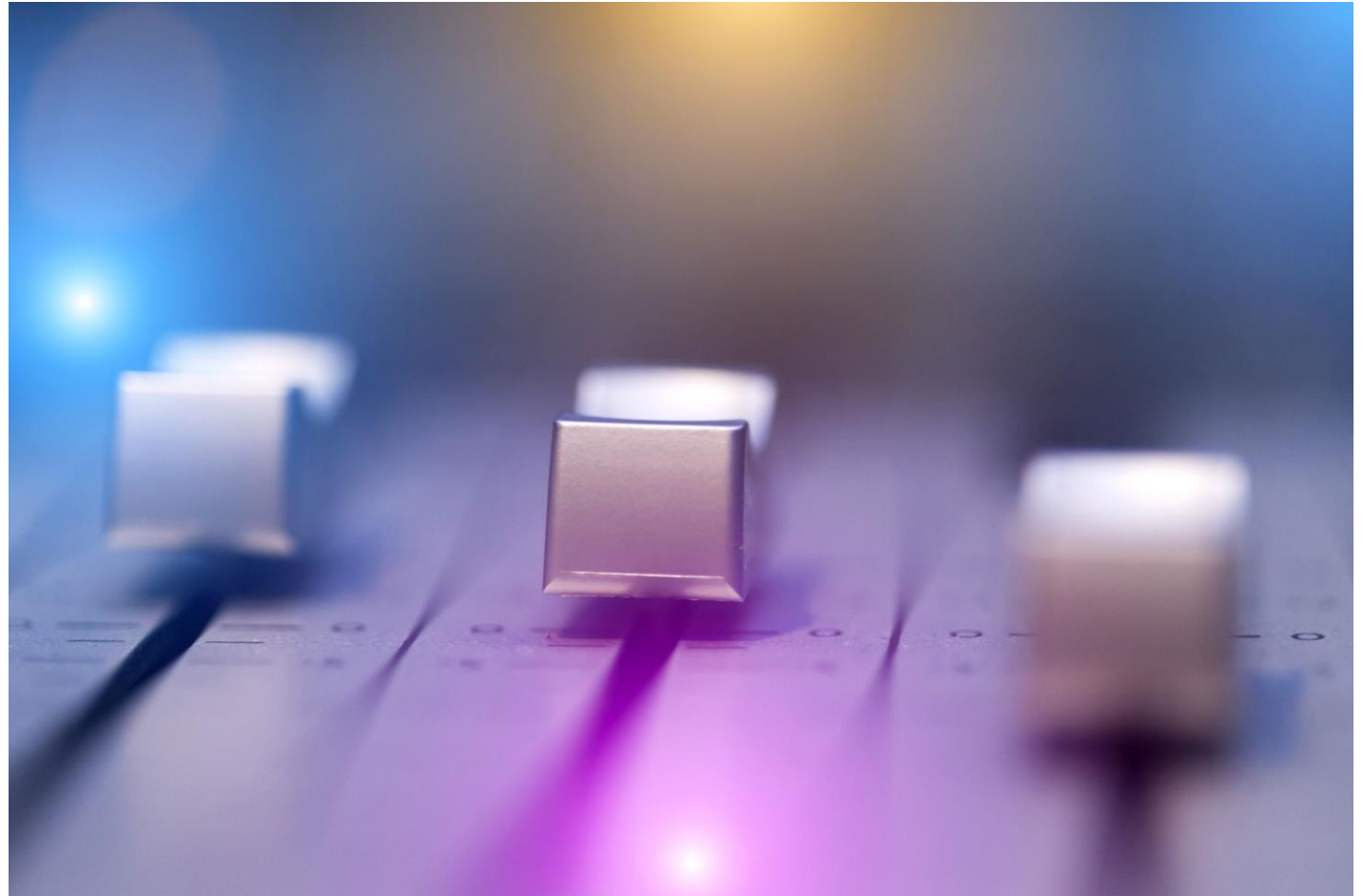
CONCERN

- Thoughts and Goals for the Future
- Immediate Goals
- Long-Term Plans
- Optimism



CONTROL

- We all want to have control over our current situations
- Decision-making and planning
- Ask yourself some questions about your goals and the future.
- What can you control vs what you cannot
- Focus your energy on what you can control





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- Resilience
 - Critical Thinking
 - Growth Mindset

CURIOSITY

- New information, skills, and possibilities
- Ask questions & do research
- Some questions to ask:
 - What do I need to know? What do I need to do?
 - How can I reach my goal?

CONFIDENCE

- Trust in yourself
- Overcoming challenges and setbacks
- Anticipation of what's to come!





ADAPTABILITY IN THE WORKFORCE



SELL YOUR ADAPTABILITY

- List adaptability related skills on your resume, be prepared to give specific instances of when you applied each.
- Use keywords such as “overcame” or “adjusted” to describe how you adapted to challenges or new work conditions.
- Interviewers often ask about times you faced challenge. Reflect on your experiences and be prepared with specific instances where you had to adapt.



SHOW YOUR SKILLS

- Ask questions, do research.
- Try new things.
- Take initiative.



ADAPTABILITY EXERCISES

- Keep your mind sharp.
- Incorporate small activities into your routine.
- Learn new skills.
- Stick to commitments as much as possible to train our time management.
- Get outside your comfort zone.
- Take care of yourself!





PERSONAL ADAPTABILITY STORIES



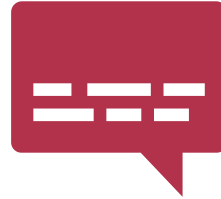
SUMMARY

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- Adaptability is our ability to respond to and deal with changes in our environment and in our lives.
 - It is a necessary skill to effectively react to and plan around these changes.
 - Our ability to adapt depends on a variety of soft skills.
 - Adaptability's main components are: Concern, Control, Curiosity, and Confidence.
 - Adaptability isn't just meant for us to survive, but to thrive!

3-2-1 CLOSING ACTIVITY



What are three things you learned in today's session?



What are two things you found interesting?



What is one question you still have about adaptability?