“PERFECTION PRESSURE”
SHOOTING THE RAPIDS...
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- Mentoring the high-achieving student
- Create a climate for risk-taking
- Building resilience
EXERCISE – BUILD A BOX
DISCUSSION

▪ What made it difficult to do?

▪ What helped you accomplish the goal?
SUMMER STUDENTS (AND OTHERS)

People's responses to the fact that I am a math major

- Green: Wow--you must be really smart.
- Blue: Do you want to teach?
- Red: I hate math.
WHY NOT RISK?

- Perfectionism
- Does a setback define you?
- Can you recover?
GUILT VS. SHAME

- Transient/External
- Fixed/Internal
  - Part of identity
CAN I RECOVER?
DEALING WITH SETBACKS
(REJECTIONS, FAILURES, DISAPPOINTMENTS, MISTAKES, OR CHANGING ONE’S MIND)

Who at Caltech has not had a setback?

- Adverse grade
- Didn’t get fellowship
- Didn’t get in to a grad or undergrad program
- Didn’t get selected by a particular lab/PI
- Even at the Faculty level – didn’t get funding...
SETBACKS AND REJECTIONS

▪ “Sneaky paths to success”
  ▪ Opportunities for growth
  ▪ Rebounding builds resilience
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FOR MORE INFORMATION ON BUILDING RESILIENCE, from the American Psychological Association: