Summer 2024 Undergraduate Research Internship

Project Name
Supporting student resilience, success, and well-being during college: Evaluating the effect of the Penn Resilience Program on UNC System students

Faculty Mentor
Dr. Jane Fruehwirth (Economics)

Project Description
The UNC System has partnered with The University of Pennsylvania Positive Psychology Center to increase student mental well-being via the Penn Resilience Program. As part of the partnership, the UNC System has recruited ~70 UNC faculty and staff to participate in a 5-day training workshop led by UPenn. All UNC faculty training will be completed during Fall 2023. Beginning in January 2024, UNC faculty and staff will deliver the Penn Resilience curriculum to students at their institution. Each instructor will recruit two cohorts of 12-to-15 students to participate in a 6-to-8 week course to enhance student resilience.

There are 13 UNC institutions participating in the Penn Resilience Program (PRP) and ~1,500-to-1,700 UNC students will have completed the Penn Resilience curriculum by June 2024. The UNC System – through a grant from Governor Cooper's office - is covering all training costs and teaching stipends.

The focus of this project will be to evaluate whether PRP improved student resilience, well-being and academic success by comparing changes in outcomes for students who completed the program to comparable students who did not complete the course. We will evaluate short term effects from the beginning to the end of the course and longer run effects approximately 6 months after course completion. We will also evaluate whether Penn Resilience can reduce pressure on campus counseling centers by reducing help seeking and/or leading presenting symptoms among college students (anxiety, depression and stress).

Scope of Work for Internship
Data visualization, policy briefs

Expected Deliverables

- Data visualization with first 2 waves of data collection
- Policy brief for UNC System Office written

Preferred Skills

- Experience with Stata or other programming languages (If other programming languages, a willingness to learn Stata)
- Detail oriented