

Resilient experiences in university education

The resilient experience in university education is generated by the efforts of educational actors (students, teachers, family, state) to promote better conditions to achieve learning in accordance with the demands and expectations of the protagonists, especially in developing or growing countries, where resources are often scarce, implying greater challenges to achieve the proposed goals.

Thus, the experience of young people who come from economically vulnerable areas, marks a resilient benchmark for their efforts to overcome the gaps that threaten to separate them from achieving their academic goals, but despite lacking in economy, not so in talent, desire and motivation to excel, being worthy of being rewarded for these ascending values of personal, family and professional improvement.

The subject of resilience has taken off in the educational world in recent years, because in this environment one must be resilient to succeed, this mentioned from favourable socio-economic conditions for a student, that is to say, that has the resources to pay for their university education, given that it is a space where cognitive and procedural demands are required to achieve the proposed goals, even more so, as those students without the proper financial or emotional support should not be, they reach a higher degree of resilience.

But this effort in itself is not in vain, as it prepares them transversally in the university to face the challenges of life, of the future family and employment or entrepreneurship, as it must be understood the effort required at all times, space, to succeed ethically in the scenarios where it touches to develop a certain role.

From this view of resilience, an invitation is made to the university professor to promote in his students, the valuation of effort as an added value to the daily pedagogical encounters, as it contributes to the formation of an emotionally stable person to face the great challenges presented throughout life, in this order, resilience is constituted in a fundamental axis to take into consideration as a determining factor to promote an assertive professional in function of working for a better society from his individual contribution.

In this field, with greater professional emphasis, we find educators and health personnel, who daily have to fight against adversities to transcend to help others. It is there where empathy becomes a favourable ally to generate a point of motivational support to overcome the emotional, academic, social reverses, to which the student may be influenced, even more so, if he/she must also compensate for the lack of resources to support him/herself in his/her university studies.

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