

While this mindset may reflect this generation's inherent skepticism, it is also a sign of their resilience to change. Resilience is usually defined as an innate capacity to absorb stress and recover critical functionality. A resilient individual can thrive, not just survive, during such dramatic changes. This generation carries more stress but, as noted in Chapter 2, is also more adept at handling it. While this generation may encounter more financial insecurity, this has made many members more entrepreneurial and built greater resourcefulness. In feeling there is not a lot to lose, it has become easier for Gen Z to take certain risks. In some ways, the uncertainty Gen Z faces is breeding a more resourceful, resilient, entrepreneurial spirit.

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### Building new educational experiences

Resilience is not simply about adjusting strategies to help individuals deal with extreme change. It is also about rebuilding ways of doing things to provide better support systems, greater adaptability, and stronger preparation for future changes.

Gen Z is made of self-starters and, as such, this a group is looking to “rebuild” its sense of normal. They expect to see greater blends of online and in-person connection and education to meet their needs. In addition, this resilient generation may expect to be more actively involved in driving change on campus. Just as this group rallied to support social causes and taken to heart their role in preventing climate change, Gen Z sees that the pandemic presents an opportunity to recover to something better. Those in housing roles should prepare for conversations with these young adults who are eager to serve as partners in reimagining their world.

