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Processes of Risk and Resilience: Youth and Adults, Part 1

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Class Objectives

- Be able to ...
 - Define and differentiate between the terms *risk* and *resiliency*
 - Identify mechanisms that underlie different risk and resiliency factors
 - Describe how the impact of risk and resiliency factors may differ depending on context (i.e., low vs. high resource)
 - Describe variations across subgroups (i.e., adults/youth)



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Section A

Definitions and Theory

A Few Definitions of Risk

- Risk is the probability that an event will occur
- Risk factor is a factor that increases the probability that an outcome will occur
 - Immutable risk factors
 - Modifiable risk factors

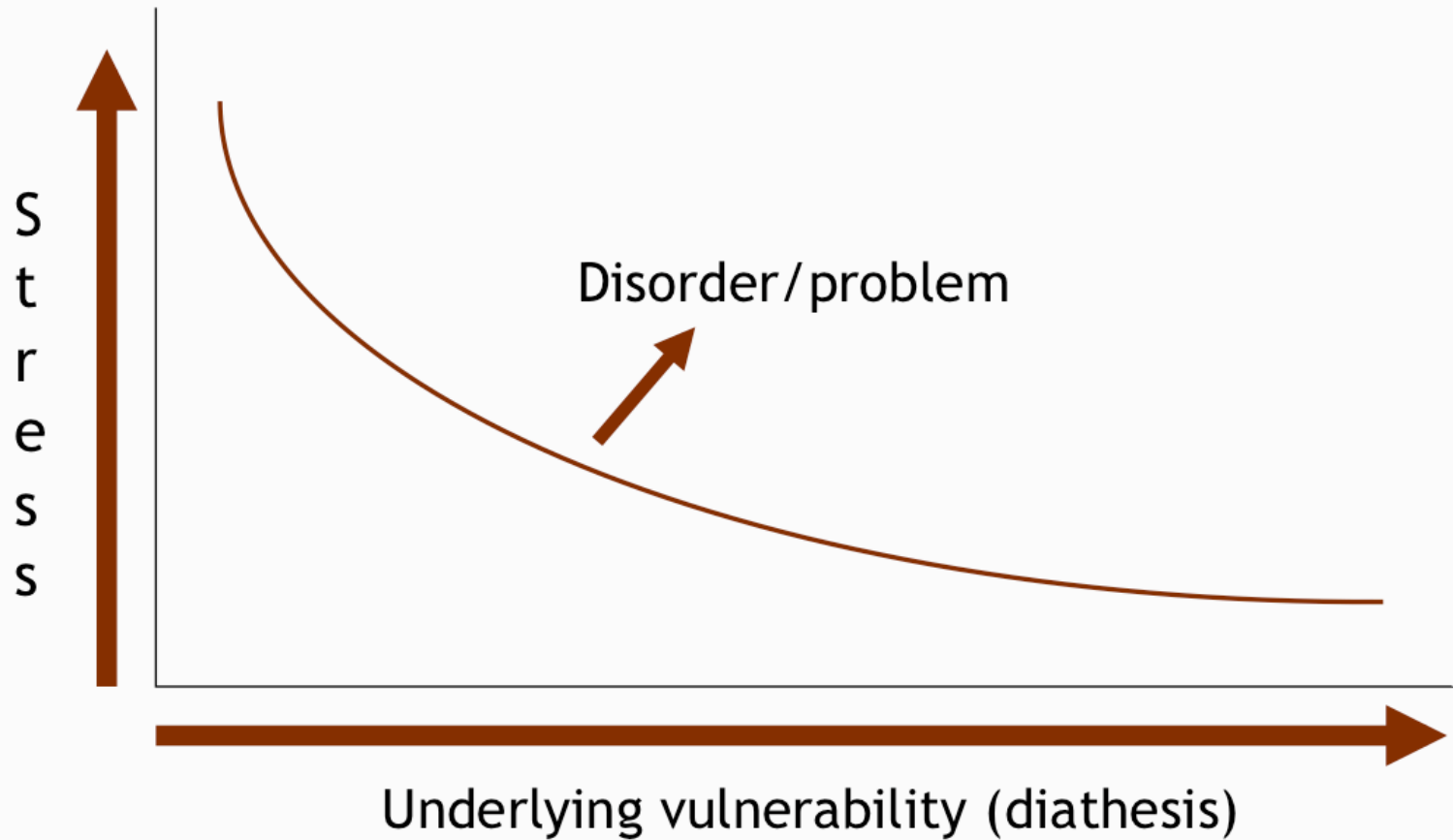
A Few Definitions of Resilience

- A construct representing positive adaptation despite adversity (Luthar, Cicchetti, and Becker, 2001)
- Resilience refers to a pattern over time, characterized by good eventual adaptation despite developmental risk, acute stressors, or chronic adversities (Masten, 1994)
- Different ways of conceptualizing
 - Resilience traits
 - Resiliency as a process

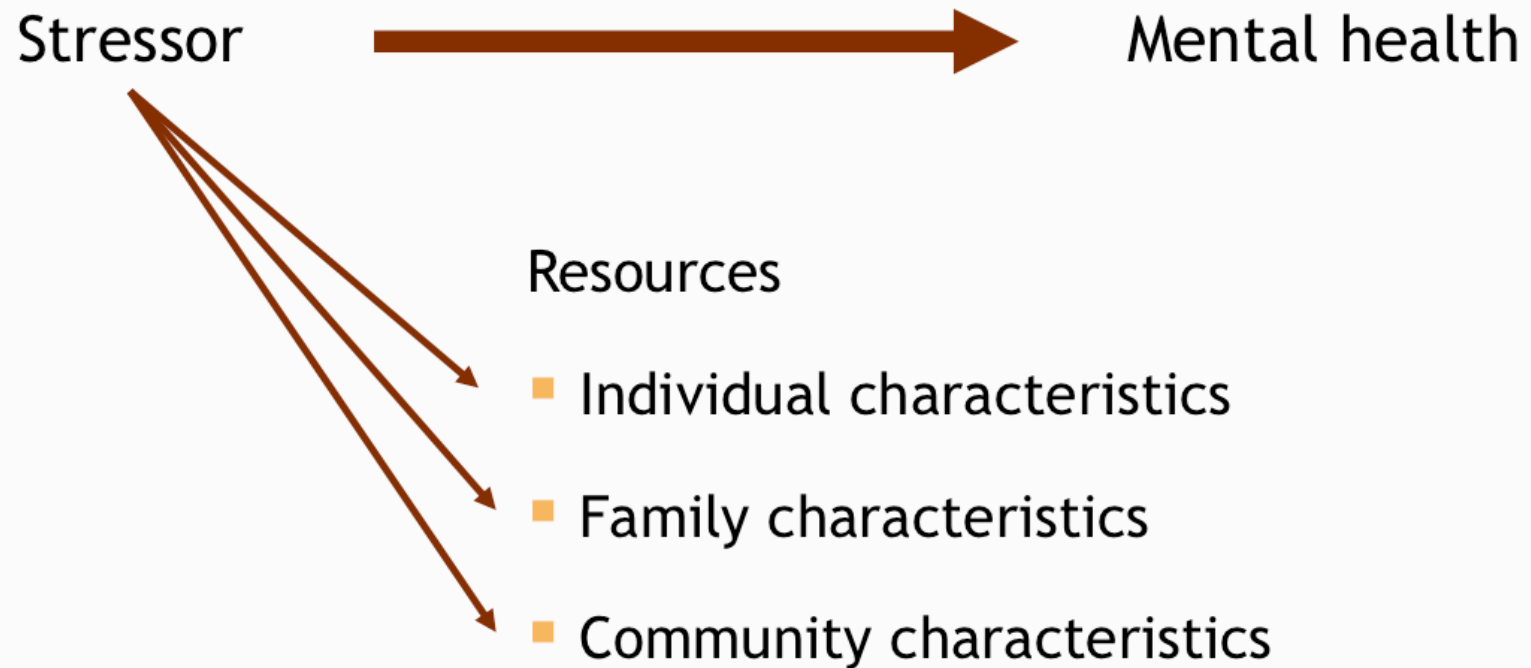
How Risk and Resiliency Factors Affect Outcomes

- We'll be looking at three models for understanding how risk and resiliency factors might produce positive or negative outcomes
- It's important to know not only what the risk factors are, but also to understand the mechanisms by which risk factors make someone more susceptible to a negative outcome (or how resiliency factors promote positive outcomes)

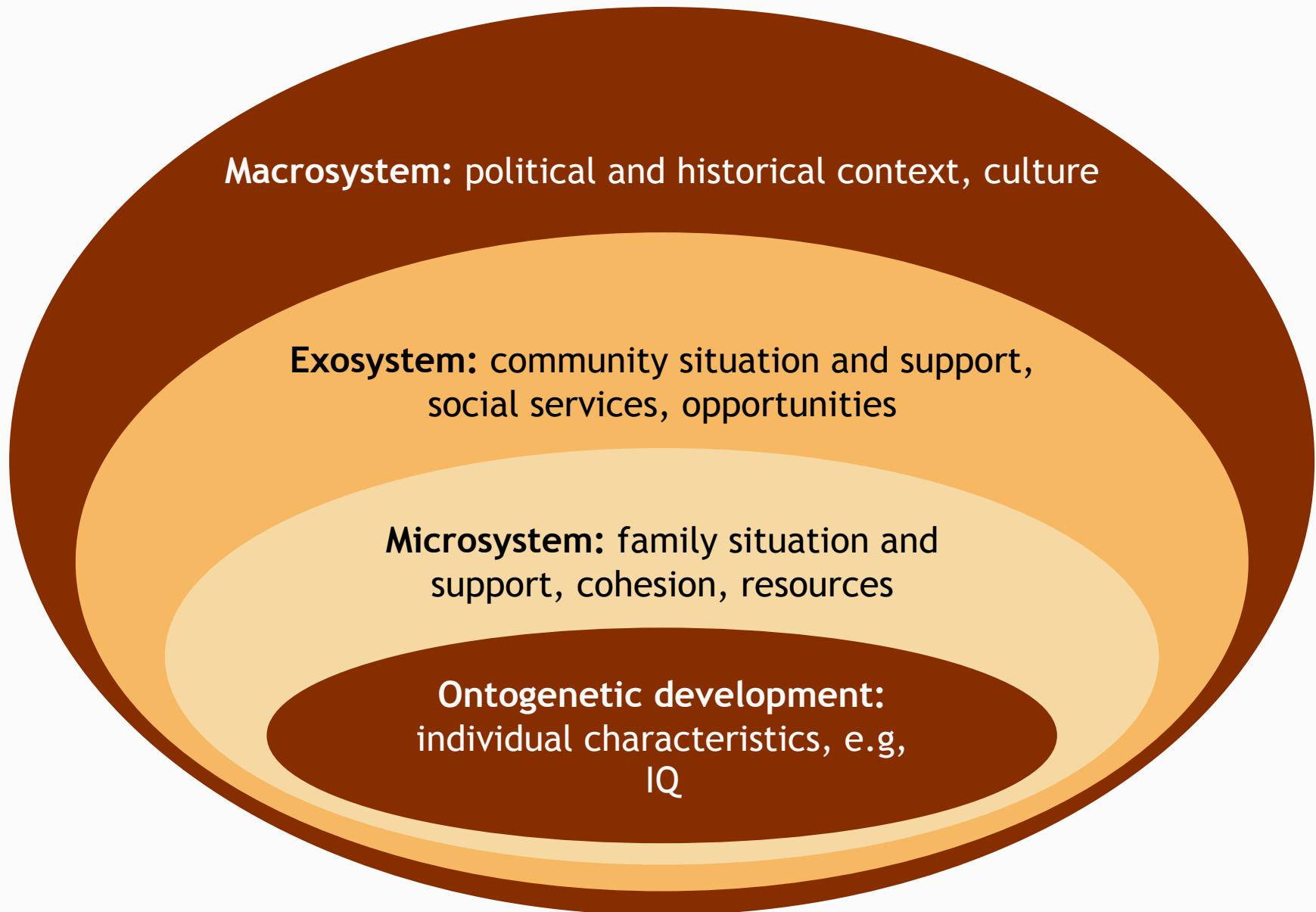
Stress-Diathesis Model



Stress-Adjustment Paradigm



Developmental Ecological View



Sources: Bronfenbrenner. (1979); Elbedour. (1993).

Three Models

1. Stress-diathesis model
2. Stress-adjustment paradigm
3. Developmental ecological view

