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I-CReST 2025:073-040 – Evaluating the Impact of a Resilience Training Program on First-Year Students in Basic Organic Chemistry

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ABSTRACT

Teaching resilience to students is crucial for helping them overcome challenges and become skilled problem solvers. In this study, we created a resilience intervention program delivered through a blog platform and assessed its impact on first-year university students taking a basic organic chemistry course. Using the Resilience Scale-10 questionnaire before and after the program, students in the experimental group reported greater self-determination and better adjustment to university life after transitioning from high school. Additionally, paired t-test results revealed a statistically significant improvement in resilience levels following participation in the program ($p < .001$). Finally, reflections submitted by participants showed increased motivation and enthusiasm toward learning organic chemistry moving forward.

Keywords: Resilience; Organic chemistry; Blog; Padlet; Reflective essay