

Bounce Back Retention Program

Bounce Back was specifically developed for students on academic probation. It is a fifteen week curriculum formatted into weekly modules, each of fifty minutes duration. Sections are kept small in order to encourage discussion, facilitate engagement, and develop a supportive learning community. The experiential format of Bounce Back fosters critical thinking and strengthens the learning potential of participants. Additionally, modules encourage student interaction with other campus resources, allowing students to become more informed and more fully involved in campus life. It is recommended that class instructors have mental health backgrounds to facilitate discussion and manage the emotions that arise from personal disclosure. Likewise, it is recommended that select undergraduate students assist in each section as peer coaches.

The topics covered in Bounce Back include persistence, study skills, time management, procrastination, stress management and self-understanding. Class instructors use a positive psychology and resilience based approach to student learning. Students are helped to recognize and strengthen their skill sets. Likewise, students are helped to overcome barriers that interfere with academic success.

Research studies comparing Bounce Back students with non-participating students on academic probation concluded that students who participated in Bounce Back were more likely to remove their academic probation status, avoid disqualification and increase their overall grade point average.

To learn more about the Bounce Back Retention Program, go to <http://www.sdsu.edu/cps> and click on "Bounce Back Retention Program." To learn about options for implementation on your campus, email bouncebk@mail.sdsu.edu or call Maria Hanger, Ph.D. or Marsha Weinberg, L.C.S.W. at (619)594-5220 or Amy Schmitz-Sciborski, Ph.D. at (919)966-3658.