

Resilience Interview

Schedule an Interview

Choose a person to interview who are NOT in a position of authority over. Think twice about choosing a close friend, partner, or a relative, because they may (paradoxically) feel *less* comfortable talking to you about personal issues; OR else, they may feel like you already know all about these personal issues and so it won't make for a good interview. Make sure that whomever you choose is comfortable with the idea of having you ask him/her questions. Let them know that they don't have to answer any question they don't want to answer.

- Make them comfortable.
- Meet them in a private location, where you can talk quietly for about half an hour.
- Let them know ahead of time that you are going to ask them to choose a problem or set of problems that they have faced, and describe how they have been able to cope with and overcome the problem.

Interview questions

When you start the interview, all you have to do ask two questions:

- I asked you to choose a problem or set of problems that you have faced. Did you have a chance to think of something? What did you choose?
- How have you coped with or overcome this problem?

Listen and reflect on what the interviewee shares

The most important thing during the interview is to LISTEN to what the person is saying to you and to ask appropriate follow-up questions based on what they are saying. You might have a list of possible follow-up questions as a back-up list but should make the interview as much like a conversation as possible. Other follow-up questions you might ask include (these are some ideas but you can also ask other follow-up questions pertinent to the person you are interviewing):

Possible follow up questions

- In general, how do you deal with problems or stress in your life?
- Why did this problem come about?
- What kept you from being able to resolve or cope with the problem?
- What or who do you think helped support your ability to cope with this problem?
- What kinds of activities help you cope with stress? In what ways?

Summarize in a 1 page paper or 2-3 minute presentation

- Whom did you interview?
- When did you interview him/her?
- What did you learn?