

## **Tech Resilience**

Microsoft Tech Resilience is a 6-week mentorship program that pairs first year computer science students with trained industry professionals to help teach the necessary non-tech skills needed to prepare you for jobs after graduation.

You will learn strategies to help you navigate through challenging moments that can arise in a CS pathway and develop skills that will help you in:

- In your CS learning journey
- In your future career
- In navigating the complexities of life as we know it today

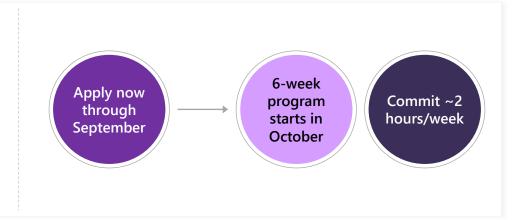
## What to expect



The program is virtual and combines small group sessions with individual meetings. There is no homework or preparation for mentoring sessions; this program is meant to help, not add more to your workload. All mentors are trained Microsoft employees who are passionate about inspiring the next generation of coders and creators.

## Skills you'll learn and practice:

- Belongingness
- Resilience
- · Growth mindset
- EO
- Cognitive flexibility
- · Effective feedback
- Self-regulation
- Self-efficacy
- Active listening





I felt that I grew as a person... I DO belong in tech and I can help build belongingness in others. Now I have the tools to do so. I debated dropping the major, but this program not only helped me to officially declare it but feel confident in doing so. This program has changed my life. I can't express enough thanks.... I now want to work at Microsoft some day!

- Morehouse Student

Questions? mentorsup@microsoft.com

Learn more and apply today