

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
- EQ
- 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

<http://aka.ms/TechResilienceStudent>