

Works Cited

- Allan, J. F., & McKenna, J. (2019). Outdoor Adventure Builds Resilient Learners for Higher Education: A Quantitative Analysis of the Active Components of Positive Change. *Sports*, (7), 1–20.
- Ewert, A., & Yoshino, A. (2011). The influence of short-term adventure-based experiences on levels of resilience. *Journal of Adventure Education and Outdoor Learning*, 11(1), 35–50.
- Robertson, I., & Cooper, C. L. (2013). Resilience. *Stress and Health*, (29), 175–176.