

Presentation Title::

Be Happy With Yourself First: How to Become a Role Model For Student's Happiness

Primary Track:

Higher Education

Additional Track:

General Wellness2

Breakout Abstract/Program Book Listing:

Are you happy? Are the people around you happy to spend time with you? Happiness is contagious. When you are happy, others around you are happy. Positive psychology research has shown happiness leads to success in many dimensions of our lives and that cheerful college students have a better career outcomes. In this presentation, participants will learn about positive psychology research, acquire skills to create daily happiness practice, and incorporate the skill into daily routine.

Objective 1::

Learn about positive psychology research related to happiness

Objective 2::

Acquire skills to create daily happiness practice

Objective 3::

Grasp how the presenter incorporated the happiness practice into classroom

Instructional Level:

Intermediate

Primary Teaching Method:

Lecture with audio/visual (e.g., slide presentation)

Additional Teaching Method:

Experiential or Participatory Activity (e.g., practice using a skill)

Total Score:	33.00
Relevance and Value:	5
Learning Objectives:	5
Teaching Methods:	5
Evidence-based/Best Practices:	4
References:	4
Practical Application:	5
Practical Tools:	5

Please select (1) main track YOU think this session best fits.: Higher Education

Select one (1) additional sub-track YOU think this session best fits into. If you do not feel it fits into multiple tracks, please select "none.": Integrative Health/Mind-Body-Spirit2

Would you recommend this program?: Yes, 90 minute

Please share any additional comments about this proposal:

Happiness research is increasingly being examined by positive psychologist. What a timely presentation and the activities that the authors are incorporating into the workshop are interactive and support participant engagement. I would recommend 90 minutes as the activities may require logistics with participants being comfortable and able to physically participate in the active learning components.