

encouraging happiness

Learning Objective: Each student will learn how to self-assess and improve their own emotional well-being, through principles of positive psychology.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.

What? _____

Why? _____

How? _____

2.

What? _____

Why? _____

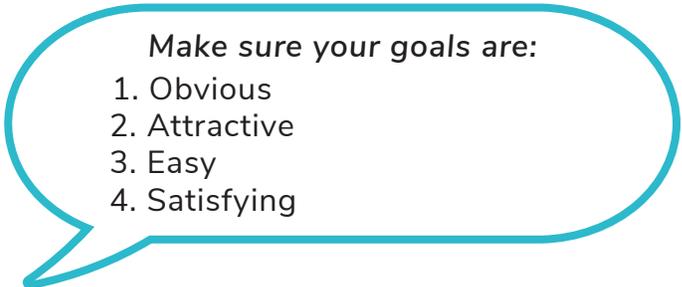
How? _____

3.

What? _____

Why? _____

How? _____



Final Thoughts:



Access your Online Dashboard

Login at my.schoolpulse.org

Not signed up?

See your instructor for an opt-in code.

encouraging happiness quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. In uncertain times, I usually expect the best case scenario.

- Never Rarely Sometimes
 Often Very often

2. It's easy for me to relax.

- Never Rarely Sometimes
 Often Very often

3. I am optimistic about my future.

- Never Rarely Sometimes
 Often Very often

4. I enjoy spending time with my friends.

- Never Rarely Sometimes
 Often Very often

5. I expect that more good things will happen to me than bad.

- Never Rarely Sometimes
 Often Very often

6. I don't get upset easily.

- Never Rarely Sometimes
 Often Very often

7. I feel like I have a lot to be grateful for.

- Never Rarely Sometimes
 Often Very often

8. I am able to focus on the present moment and do not get distracted by thoughts of the past or future.

- Never Rarely Sometimes
 Often Very often

9. I find that my life has meaning and purpose.

- Never Rarely Sometimes
 Often Very often

10. I can overcome setbacks and challenges.

- Never Rarely Sometimes
 Often Very often

11. I agree with the phrase, "You either win or you learn."

- Never Rarely Sometimes
 Often Very often

12. I am able to let go of disappointments and mistakes in my past.

- Never Rarely Sometimes
 Often Very often

13. I feel the best when I am helping others.

- Never Rarely Sometimes
 Often Very often

14. I can find the good in every situation.

- Never Rarely Sometimes
 Often Very often

Want to learn more about emotional well-being and other mental health topics?

Visit: schoolpulse.org/resources



quiz results

Use your quiz answers to add up your points.

Never = 1 point
Rarely = 2 points
Sometimes = 3 points
Often = 4 points
Very Often = 5 points

Total Points: _____

14-30 - little to no indication that you are an optimistic person.	31-45 - mild indication that you are an optimistic person.	46-56 - moderate indication that you are an optimistic person.	57-70 - strong indication that you are a optimistic person
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These results are not a diagnosis, if you have questions text us at SchoolPulse.

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date