

Positivity



You have an enthusiasm that is contagious. You are upbeat and can get others excited about what they are going to do. Your talent is valuable because you have such a helpful influence on attitudes, motivation, and productive behaviors of others. Groups and individuals are energized to move toward excellence.

General Academic Life

Help make learning fun.

Share praise when appropriate.

Help classmates laugh and relax when needed.

Contribute to exciting class discussions.



Study Techniques

Invoke study partners who are as upbeat as you.

Encourage others to enjoy their assignments.

Think of fun, even silly, ways to remember things.

Make learning fun for yourself and others by throwing study parties.

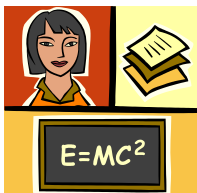
Relationships

Let positive emotions reign, and avoid those who are guided by negative, destructive, and defeating attitudes and practices.

Express your positive attitudes about life to others.

Transfer your energy into everything that you do.

Choose friends who love life as much as you do.



Class Selection

Take classes that you find exciting and meaningful.

Select courses led by professors who have positive approaches.

Investigate what others with a lot of positivity say about the courses you are considering.

Extracurricular Activities

Play or support team sports in which can you enjoy cheering others on.

Actively seek out extracurricular activities that might be fun.

Pump energy into clubs you join

