

The Science and Practical Application of Student Flourishing

By Michele Robison, PhD

www.michelerobison.com

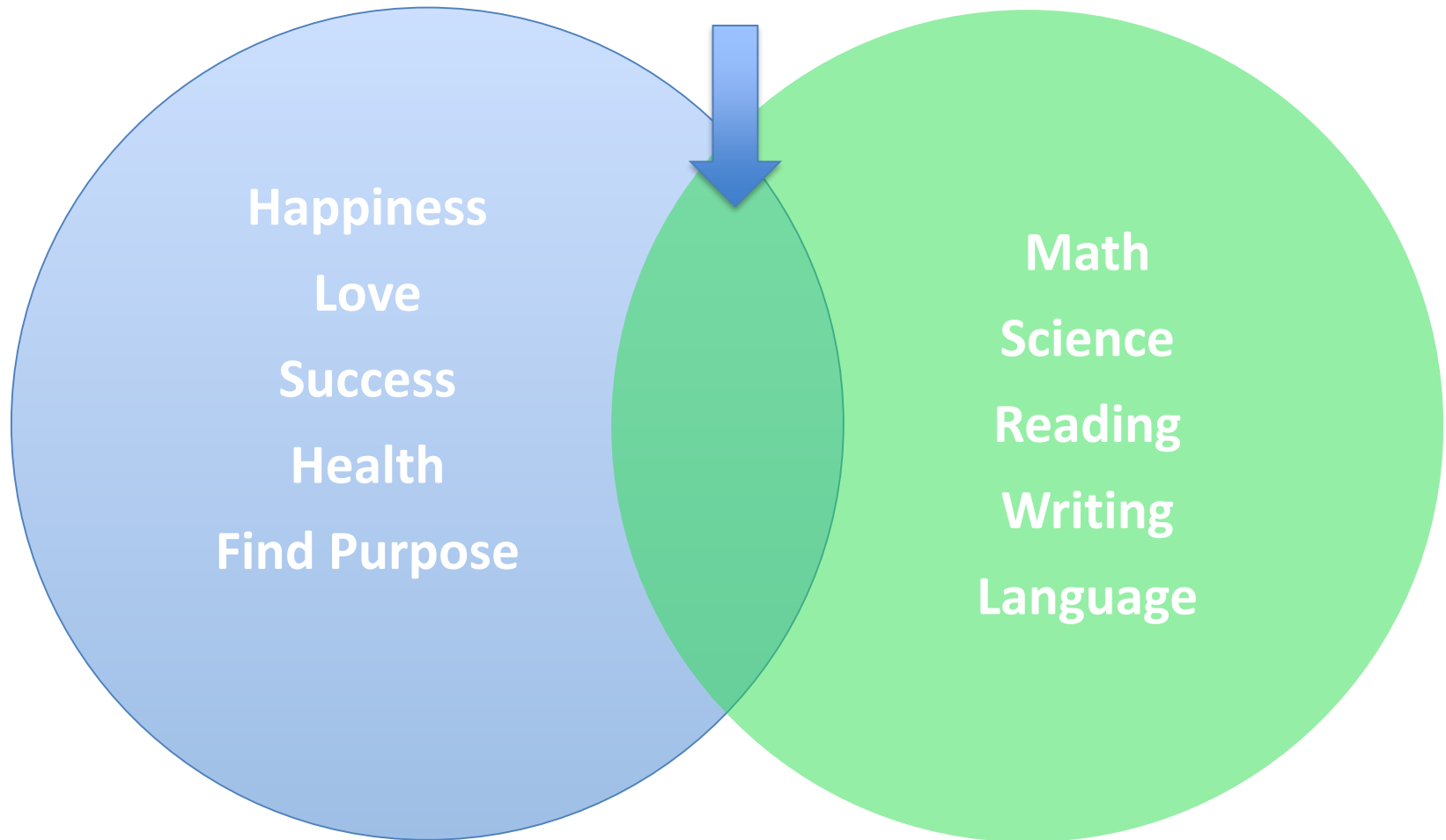
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Two Lists

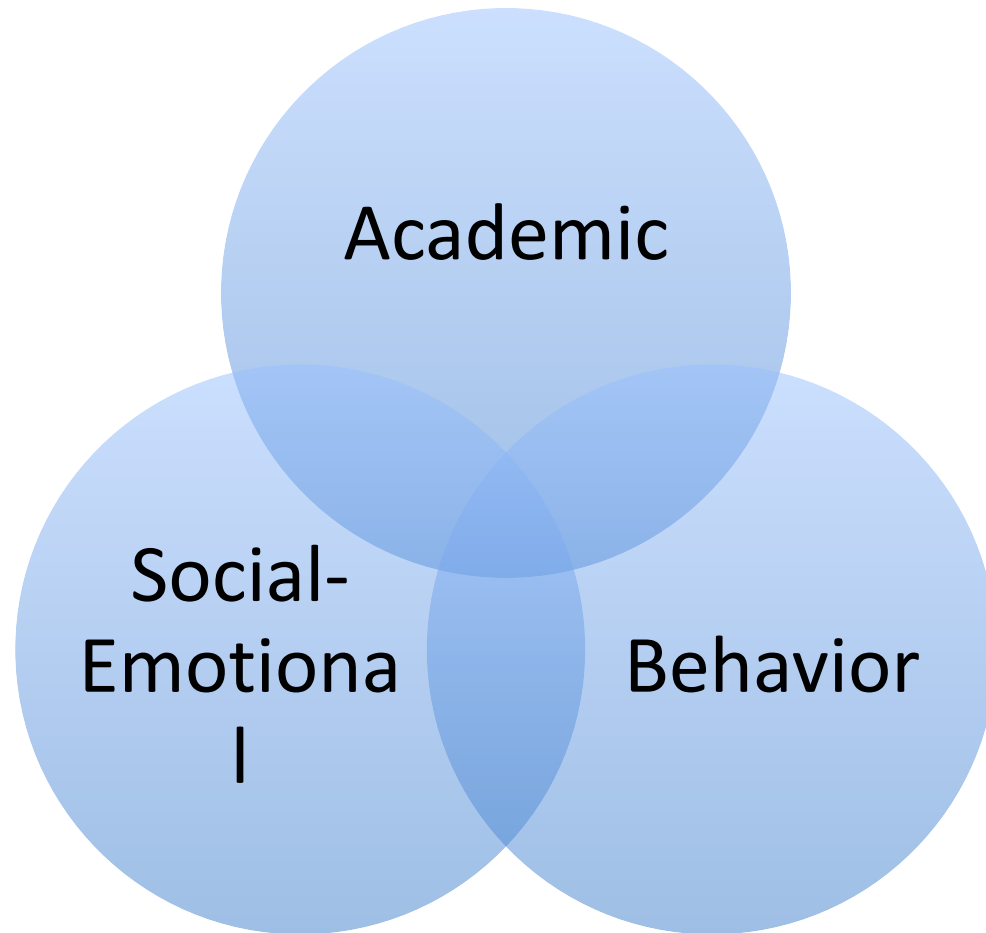
- Happiness
Love
Success
Health
Find Purpose

- Math
Science
Reading
Writing
Language

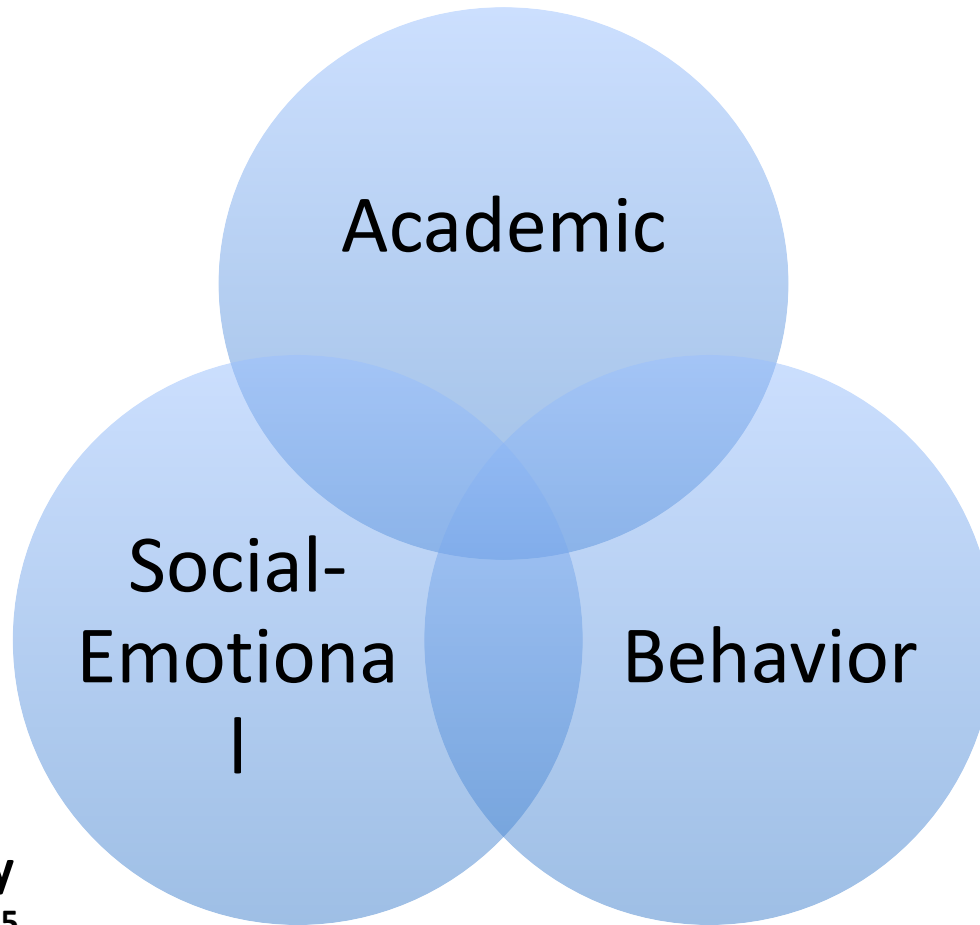
Positive Education



California SUMS Initiative



Whole Child



- *Improved GPA's¹**
- *Higher levels of engagement and participation²**
- *Higher retention rates³**

- *Pro-Social behavior⁸**
- *Improved health behaviors⁷**
- *Greater levels of self-control⁷**
- *Reduction in conduct problems⁷**
- *Reduction in Procrastination⁷**

- *Reduction in depression, anxiety and hopelessness^{4,5}**
- *Increase in social & emotional skills⁶**
- *Higher levels of Optimism⁷**

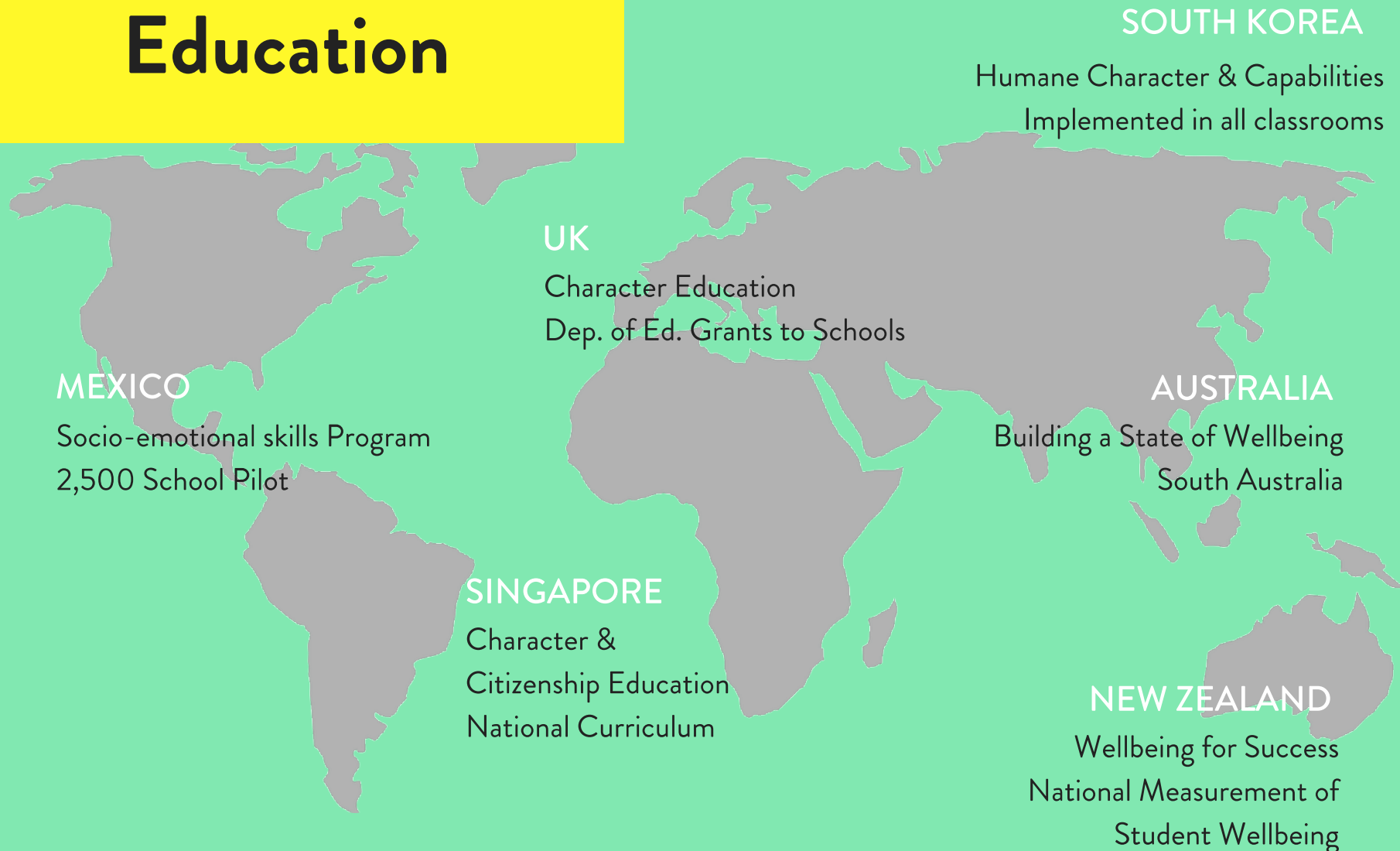
A Model of Well-Being

PERMA + HR²

Positive Education

- Evidenced based, holistic, rigorously researched and intentional
- To be successful, well-being must be integrated into the fabric of the institution
- Well-being can be integrated into existing school curriculum

Policy in Positive Education



Michele Robison, PhD

www.michelerobison.com

michele@michelerobison.com

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