



Positive Education

Newsletter 02 – Jan 2012

HOPE

In brief

2nd Positive Psychology Singapore Meetup!

Our next meetup will be on 16 Feb 2012, 7pm, at The School of Positive Psychology! Prof Nick Powdthavee will be speaking about how the things we *think* make us happy actually don't! Email shaen@positiveedu.com to reserve a place!

Just read!

Life Without Limits by Nick Vujicic. Be humbled as you read about how Nick remains hopeful despite his disability.

Who is behind

Positive Education? Positive Education is started up by Sha-En Yeo, the 1st person in Singapore to hold a Masters in Applied Positive Psychology from U Penn!

Happy New Year!



Hello everyone! Hope is the theme of this month's newsletter. In the spirit of New Year's resolutions, I joined the gym and even took on some personal training sessions. Each time I have to do a leg-raise (which is the hardest thing for me), I picture myself looking better in my clothes and feeling healthier and that drives me to complete all 20 of them (ouch!). When I finish training, despite grunting and perspiring for the whole hour, I willingly ask the trainer when I should come again (even though I'd much rather lie on my sofa). Indeed, having hope and a goal for the future is such a powerful force that I continue to pay for 'torture sessions', as my trainer affectionately terms them.

Research nuggets

Hope is crucial for well-being in children and adolescents. High-hope children have:

- ♥ Fewer symptoms of depression
- ♥ More optimistic
- ♥ Focused on success instead of failure when pursuing goals
- ♥ Greater perceived purpose in life
- ♥ Greater self-efficacy

Snyder, Hoza et. al, 1997

3 Good tips

- ♥ Photograph hope. Give your children a camera and ask them to take pictures of what hope looks like. Compile these pictures into a Hope album or collage. Be surprised by their selection!
- ♥ Ask the hope question. If your children appear stuck, ask them 'What are you hoping for?' This spurs them to shift attention to what they can do. Follow up with 'How can I help you?'
- ♥ Use the word 'hope' in your daily speech. For example, 'I hope you have a great day in school!' or 'I hope you are feeling better.'

Like these tips and nuggets?

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