

Mindful Continuing Education

Incorporating Positive Psychology Into Schools

1. Positive psychology is the scientific study of optimal functioning that seeks to identify the characteristics that enable individuals and communities to thrive, and it is based on the notion that people have the potential to thrive given the right skills, strengths, and:

- A. Legitimacy
 - B. Encouragement
 - C. Social context
 - D. Internal motivation
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2. Which of the following is NOT one of the criticisms that has been made about positive psychology according to the authors?

- A. It is coercive
 - B. It encourages harmful emotion regulation strategies
 - C. It promotes maladaptive pursuit of positive internal states
 - D. It advocates for conformity rather than choice
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Criticism 2

3. While positive psychologists have argued that psychology has put too much emphasis on negative affect and mental illness, and too little emphasis on positive affect, research demonstrates that attempts to reduce the intensity or frequency of unpleasant inner experiences is often an ineffective emotion regulation strategy that is detrimental to health and well-being.

- A. True
 - B. False
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Suggested Policy Initiatives

4. Contextual positive psychology (CPP) school interventions can increase the extent that schools provide an autonomy supportive environment, can increase skills and well-being of parents and teachers, and can ensure that at-risk students are provided with adult mentors.

- A. True
 - B. False
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5. DNA-V is a contextual model of flourishing that seeks to increase optimism or positive affect by curing maladaptive thinking and behavior and correcting character deficits that are contributing to negativity.

- A. True
 - B. False
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Recommendations

6. Recommendations for using the DNA-V model with school-aged youth include each of the following EXCEPT:

- A. Empower young people to clarify what they value, choose values-consistent options, and to navigate their context with language by listening to their internal advisor
 - B. Ensure that young people take a content-approach to strengths building as a means to produce positive outcomes
 - C. Help young people connect with inner and outer experiences, appreciate their context, and make choices about how to react
 - D. Encourage young people to explore in order to develop skills and resources and help them take perspectives on themselves and others
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Recommendation 4

7. The function of the advisor in the DNA-V model is to engage with the world and learn how to interact and manipulate it through trial and error, which will in turn help determine what risk-taking actions will build value and vitality.

- A. True
 - B. False
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Recommendation 6

8. Context-focused positive psychology (CPP) approaches seek to create contexts for prosocial and nurturing adolescent peer groups that encourage acts of support and kindness, while also discouraging bullying and discrimination.

- A. True
 - B. False
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