

Make Someone Happy!

The Happiness Game Show

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Round One: If you're happy and you know it

1. Positive Psychology

An optimistic explanatory style is characterized by statements that are:

2. Autonomy Support

To provide autonomy support for your students, you should:

3. Self-Efficacy and Expert Learning

What happens to the Self-regulated learning Cycle when self-efficacy is missing?

Round Two: Come on get happy.

A. Designing Pre-Orientation Programming

Please (1) open the envelope in your group file; (2) divide the student profiles; (3) spend a few minutes deciding what services and programming to offer your students during pre-orientation.

Our Pre-Orientation Programming would include:

B. Creating an Optimistic Classroom

List your response:

C. Providing Effective and Affective Feedback

Some Guidelines:

1. Model Expectations

Tone

Word choice

Presentation

White space

Graphic images

Questions are less effective than instruction

2. Nurture Optimism: Temporary, Specific and Hopeful Statements

3. Show Respect, Appreciation and Understanding

Common Errors	Typical Response	Revised Response
Writing about irrelevant or unimportant issues	Drawing an X through the material	
Writing something that is incorrect	"NO" or "NO!"	
Reciting facts, rather than explaining why the facts are significant	"Why?"	

D. Supporting Students During Office Hours

List your response:

Round Three: You've made me so very happy

Teaching Methods