



Getting to Graduation Project: Positive Psychology Success Essentials

Students will embed selected tools from the **POS-EDGE®** model, below,
as their action framework.

1. **Expand your mindset.** Negative emotions help make you very focused, and sometimes that is good. However, if you have new problems to solve, emotions like interest are more helpful because they help you stretch your thinking.
2. **Build interpersonal trust.** Your relationships with people depend on positive emotions like gratitude. When you share positive feelings like amusement, joy and love, you build high quality connections with others.
3. **Increase your positive coping approaches.** Life is full of boring times that you can live with amusement. Also, keeping calm rather than angry helps you get past disappointments. Being grateful for what is going well is essential for dealing with the day-to-day ups and downs we all face.
4. **Leverage non-academic strengths.** Use your existing strengths to make improvements where there are difficulties, because people who know how to use and manage their character and neurodevelopmental strengths are also more resilient, more motivated, and more engaged.
5. **Develop resilience.** Positive emotions support resilience skills that help prevent depression. You'll bounce back better from things like setbacks and illness, and move forward through new challenges.

Keys to Success: The POS-EDGE® Model

P: KEYS TO POSITIVITY

Notice what's good.

Collect more positive than negative.

O: KEYS TO OPTIMISM AND RESILIENCE

Expect what's good.

Reframe what isn't.

S: KEYS TO STRENGTHS

Get more of what's good about you.

Develop new strengths.

E: KEYS TO EMOTIONAL INTELLIGENCE

Develop solid relationships and self-advocacy.

Be grateful, forgiving, kind and connected.

D: KEYS TO DECISION MAKING AND CHANGE

Master your motivation.

Manage obstacles to success.

G: KEYS TO GOAL SETTING, GRIT AND GROWTH MINDSET

Plan for and stick with what's good.

Work your plan with the power of "YET."

E: KEYS TO ENGAGEMENT AND EXERCISE

Embody strengths and mindfulness.

Invest in shared experiences.