Applying Positivity Talents in Academics

These insights and action ideas can help you apply Positivity talents to achieve in various aspects of your academic life.

General Academic Life

- Help make learning fun.
- Share praise when appropriate.
- Help classmates laugh and relax when needed.
- Contribute to exciting class discussions.

Study Techniques

- Invite study partners who are as upbeat as you.
- Encourage others to enjoy their assignments.
- Think of fun, even silly, ways to remember things.
- Make learning fun for yourself and others by throwing study parties.

Relationships

- Express your positive attitudes about life to others.
- Transfer your energy into everything that you do.
- Let positive emotions reign, and avoid those who are guided by negative, destructive, and defeating attitudes and practices.
- Choose friends who love life as much as you do.

Class Selection

- Take classes that you find exciting and meaningful.
- Select courses led by professors who have positive approaches.
- Investigate what others with a lot of positivity say about the courses you are considering.

Extracurricular Activities

- Play or support team sports in which you can enjoy cheering others on.
- Actively seek out extracurricular activities that might be fun.
- Pump energy into clubs you join.

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