

Meaning Conference 2021: Summit on the Future of Positive Education - Introduction

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Seligman's Positive Education

Seligman's Positive Education



“Positive education is defined as education for both traditional skills and for happiness. The high prevalence worldwide of depression among young people, the small rise in life satisfaction, and the synergy between learning and positive emotion all argue that the skills for happiness should be taught in school.”

(Seligman, Ernst, Gillham, Reivich, & Linkins)

Toxic Positivity



"Constant Positivity is a form of AVOIDANCE and is NOT a valid solution to your problems."

IS THE PURSUIT OF HAPPINESS MAKING YOU UNHAPPY?

Are Teachers Ok?

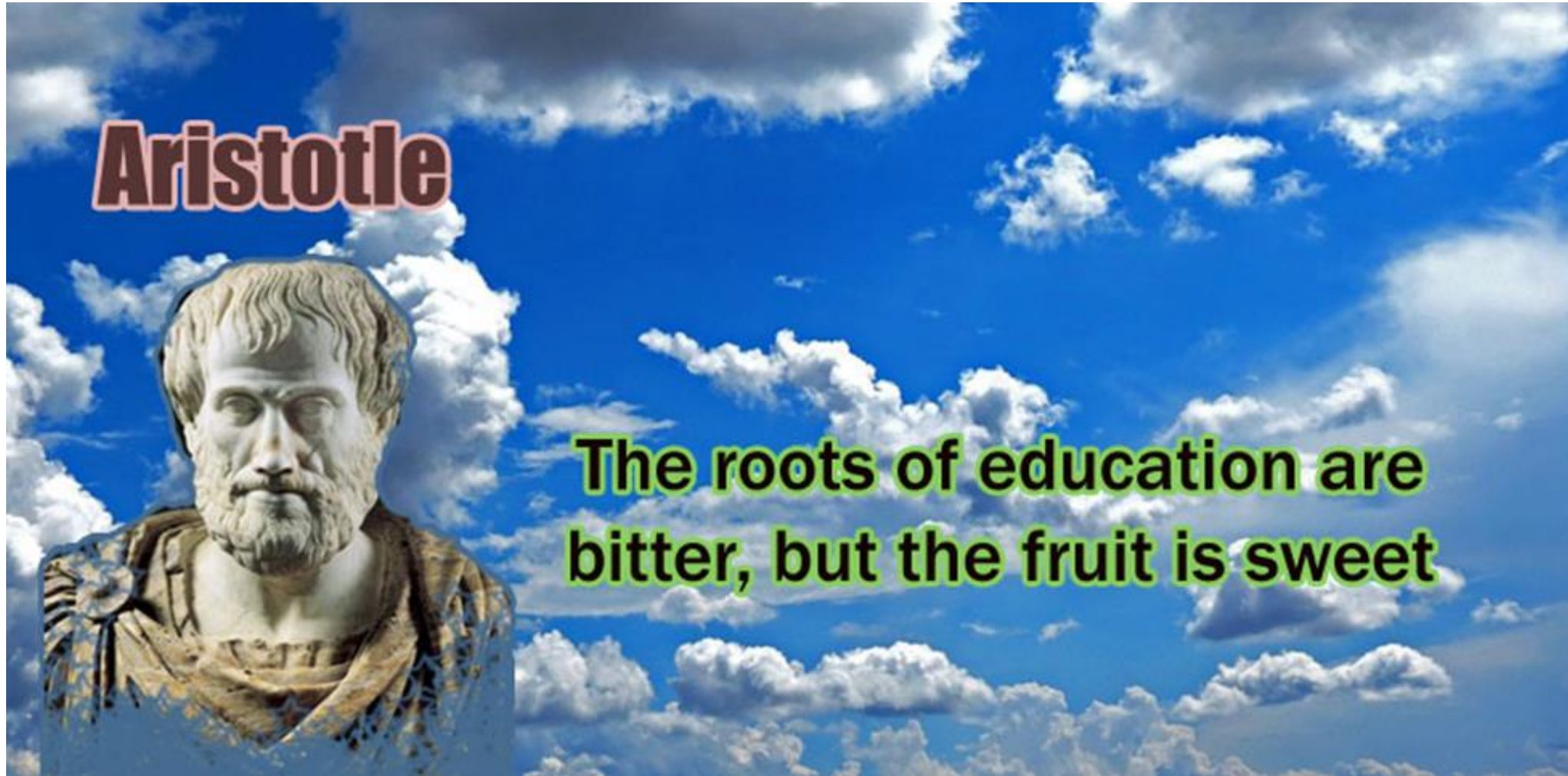
No, and Toxic Positivity Isn't Helping

Two Different Models of Human Flourishing

	Seligman's (2011) Model of Flourishing	Wong's (2021) Self-transcendence Model of Flourishing Through Suffering
P	Positive Emotions	Positivity through embracing the dark side of life.
E	Engagement	Engagement through painful discipline.
R	Positive Relationships	Strong relationships through forgiving and enduring the foibles of others.
M	Meaning	Meaning through transcending egotism and external obstacles.
A	Accomplishments	Achievement through transcending sacrifices and failures.

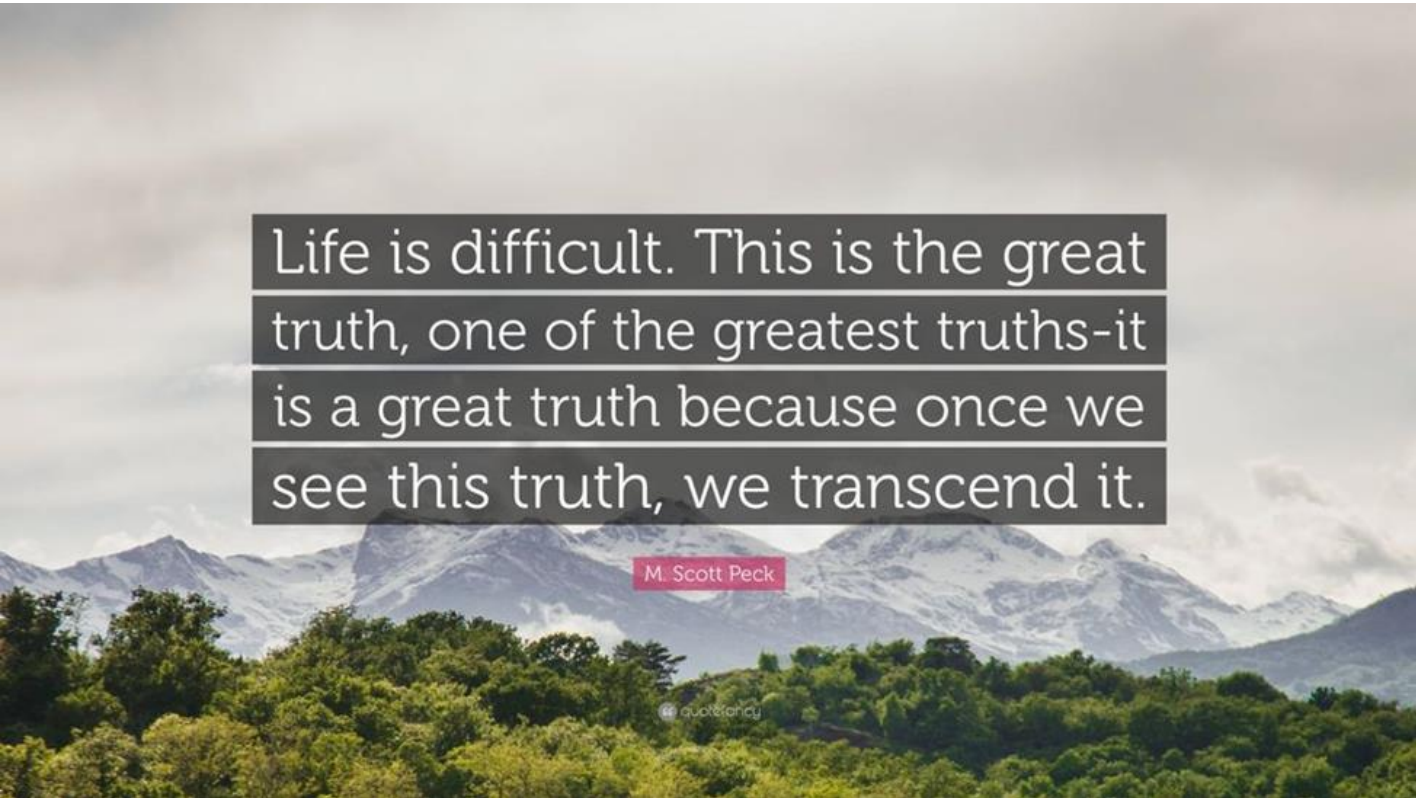
◆ Dr. Paul T. P. Wong

Aristotle and Education



Life is a Constant Battle

- Those who dismiss this great truth and expect life to be a joy ride have already lost half of the battle even before the war even started.



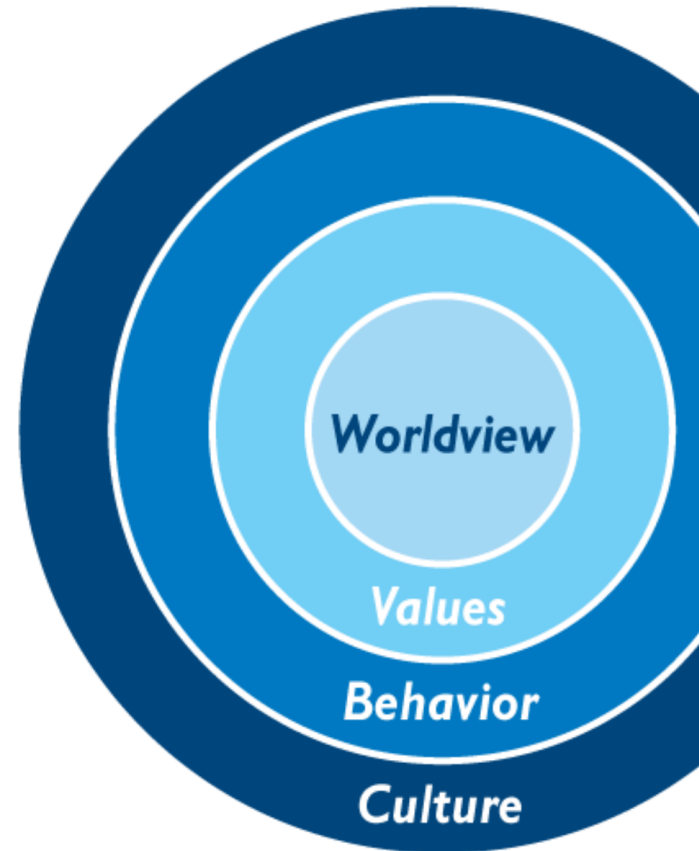
Life is difficult. This is the great truth, one of the greatest truths-it is a great truth because once we see this truth, we transcend it.

M. Scott Peck

quotation

Know Yourself

1. **Your true self** is defined by your core values and beliefs (worldview) more than by your role, behavior, or culture.
2. **Your soul** is the bright side or healthy core characterized by spiritual aspirations of faith, hope, love, and the motivation to realize your calling.
3. **Your shadow** is the dark side or your "sick soul", characterized by the repressed aspects of self and the anxieties in grappling with the evil and suffering of life.
4. **Your good and evil twins** need to know and help each other.



◆ Dr. Paul T. P. Wong

Faith makes all things possible
believe in yourself

Hope makes all things brighter
believe in your future

Love connects us all together
believe in others