

# **IE Orientation April 6, 2024**

## **English Seminar: Positive Psychology**

**Yoko Munezane**

### **Background:**

In 2004, Christopher Peterson and Martin Seligman generated a list of 24-character strengths and organized them around 6 virtues, based on a variety of cultural, philosophic, and religious traditions. Everyone has unique character strengths that will help him/her live a better happier life with a greater sense of well-being.

### **Procedures:**

1. Students become familiar with Character strengths:
2. Students take a survey ([www.viacharacter.org](http://www.viacharacter.org))
3. Students use their character strengths in daily activities (e.g. solving problems)
4. Students Keep the character strengths journal (example worksheet below)
5. Reflect on their emotions and feelings ignited through their daily activities using character strengths.
6. Students have discussions on the value of virtue and morality in the individual and social life.

**Example worksheet:**

## **Virtues & Character Strengths Journal**



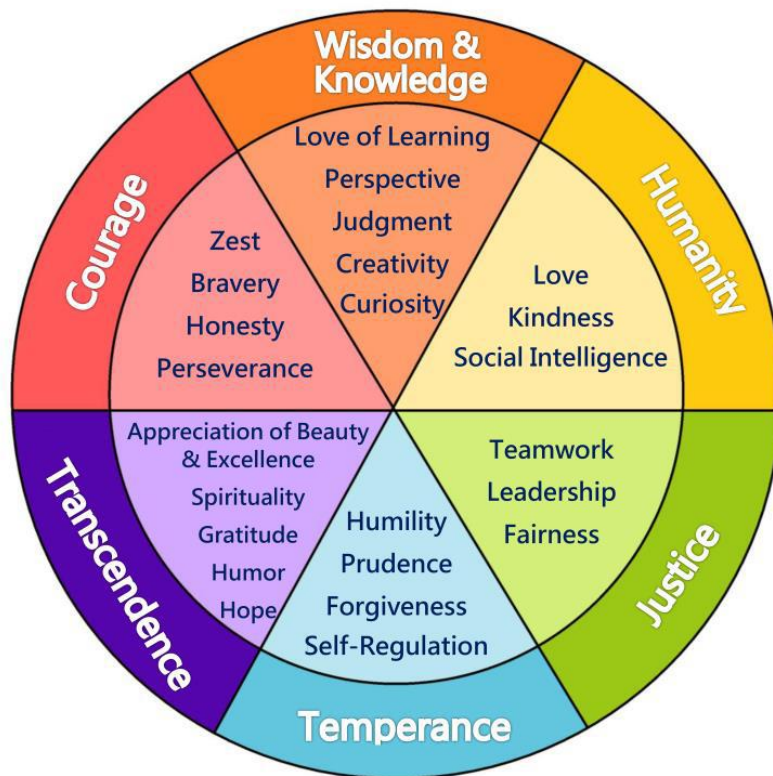
### **Day 1**

Brief description of the activity you were engaged in
Strengths you used during the activity
Emotions and Feelings you experienced during the activity
Your comments

### **Day 2**

Brief description of the activity you were engaged in
Strengths you used during the activity
Emotions and Feelings you experienced during the activity

Your comments



#### References

Park, N., Peterson, C. & Seligman, M.E.P. (2006). Character strengths in fifty-four nations and the fifty US states. *The Journal of Positive Psychology*, 1(3), 118-129.

Find your 24 Character Strengths

<https://www.viacharacter.org/character-strengths>