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Using positive psychology in the classroom

Teachers and professors are often looked upon by students. It is important to be able to engage in them both educationally and personally. The field of positive psychology places an emphasis in the development of personal strengths and optimism. Essentially, the educator's role is important in this gratitude. Some other basic principles of positive psychology include resiliency, gratitude, charity, happiness, and humor. The presentation will include ways to use of these principles in teaching regardless of the subject area that is being taught