

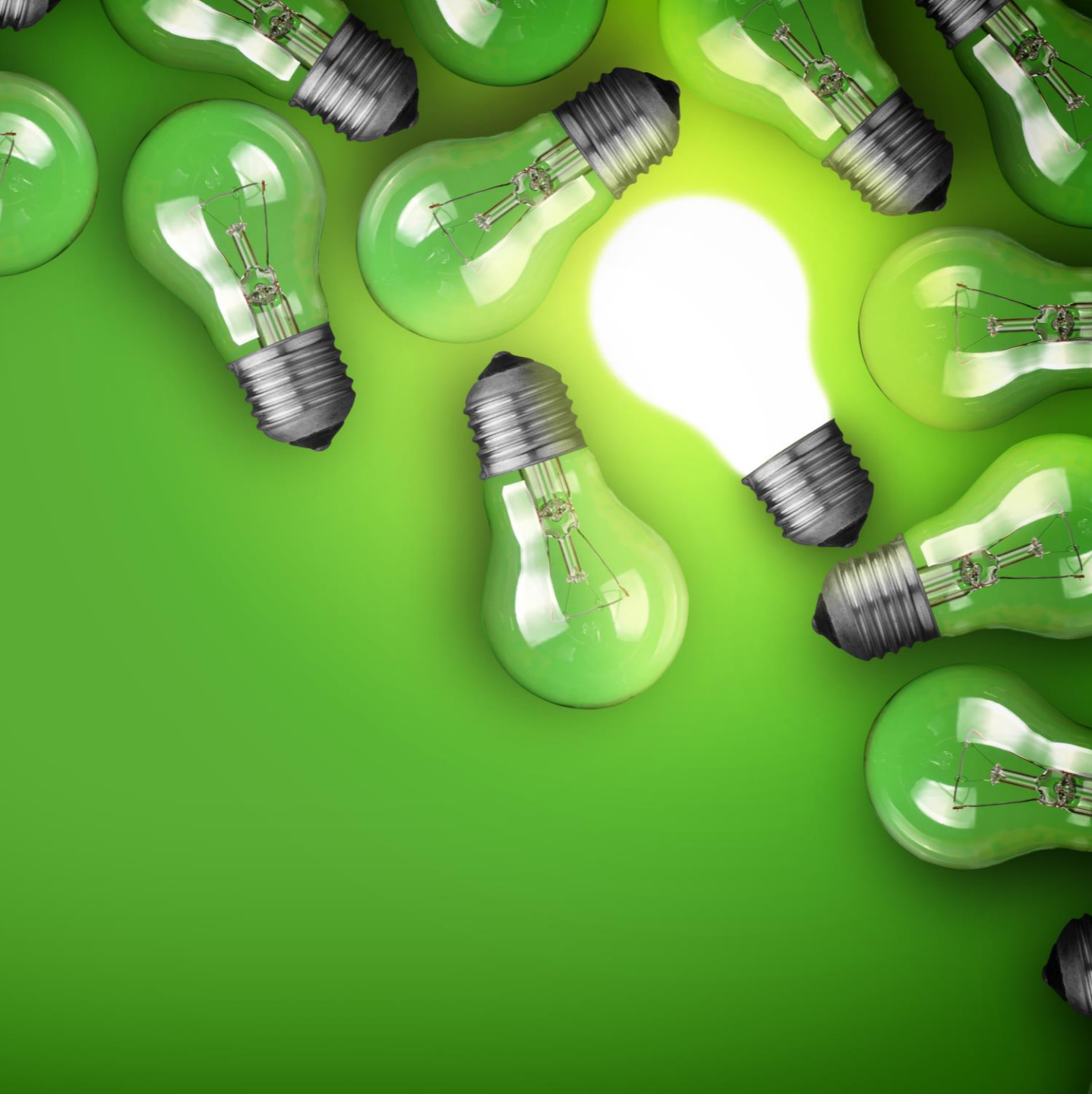


STUDENT WELL-BEING AT THE HEART OF POSITIVE EDUCATION

DECEMBER 2021

EXPO 2021

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MEd Suvi-Tuuli Kaleva



WHAT CAN WE GET
FROM YOU THAT WE
CAN'T GET FROM
GOOGLE?

PÖLÖNEN 2021



SOFT SKILLS PREDICT AND PRODUCE SUCCESS IN LIFE.

HECKMAN & KAUTZ 2012

**WHAT DO
YOU MOST WANT FOR
YOUR CHILDREN?**





HAPPY STUDENTS LEARN BETTER

NODDINGS 2003

HAPPINESS ADVANTAGE

ACHOR 2011





WELL-BEING CAN BE TAUGHT!

SELIGMAN ET. AL 2009



THE DOUBLE HELIX OF POSITIVE EDUCATION

SELIGMAN ET. AL 2009

POSITIVE EDUCATION IN ACTION:

- Promoting students' well-being in a systematic and goal-directed way
- Accepting and appreciating students just as they are; pedagogical love
- Focusing on the positive
- Believing in students' abilities and opportunities
- Identifying and cultivating students' character strengths
- High quality teaching





WELL-BEING SKILLS

- 1) Happiness skills
- 2) Emotional skills
- 3) Social skills
- 4) Learning skills
- 5) Mindfulness skills
- 6) Self-leadership skills
- 7) Strength skills
- 8) Health skills

See also Avola & Pentikäinen 2019

**EDUCATING THE MIND
WITHOUT EDUCATING
THE HEART
IS NO EDUCATION
AT ALL.**

Aristotle





THANK YOU!

