

Female, 16

Learning and understanding positive psychology has impacted me immensely, I've been able to notice and cut off toxic relationships and practices that affected my mental and physical health, causing my well-being to thrive. I've learned the importance of gratitude and the ability to notice experiences that have let me appreciate my day, and the ability to use mindfulness and resilience when doing something difficult or that could negatively affect my mood. I've learned so many good components to help my well-being and life.

Male, 17

This positive psychology course has affected me in a positive way. I have learned a lot about well-being. I practice these methods almost every day, and they have helped me experience more positive well-being. This class has helped me embrace my imperfections, think about the positive, have a good relationship with stress, think optimistically and more. My relationships are better both with myself and others.

Female, 17

This class has helped me become more of an open-minded person and has helped me find the good even in tough/bad situations. This class has helped me become a better person and has changed my perspectives on tons of things. What would I have never done on my own without this class!

Student, 17

What I've learned about wellness is that it is important to strive to be better. To strive to be better at dealing with negative emotions, not to erase the negative feelings but instead deal with them in the best way possible for you. To strive to achieve more but still take time to relax. To strive to learn to feel better. It's not about getting rid of the lemons life gives you but being able to make those lemons into lemonade.

*Female, 17*

*Being in this class has taught me not to pick out the negative things that go on in my day. Doing the gratitude journal has helped me look for things in my life that I am grateful for. I never would have done this before taking this class. When I am done with my day I reflect on it now and I realize while there may have been bad things happening throughout my day, there were also good things that happened, too. Having this mindset helped me realize that just because something bad happened to me today, does not make it a bad day. After taking this class I learned that one bad thing doesn't need to define the rest of the day. This has improved my well-being immensely and has also shifted my outlook on my day-to-day life as well.*

Female, 16

Positive psychology has helped me in different ways. It has helped me have a more positive outlook on life events allowing me to be more productive. It has also helped me have a better attitude towards stress or just hard life events. I'm also more optimistic about tests and going into something that might not be as

easy but has felt not as hard and scary when I'm optimistic lowering my stress. For me being more positive in life allows me to have a better well being and feel better.

Student, 16

Positive psychology has helped me so much in my day to day life to be more appreciative of all the good that surrounds me. My relationships with family and friends have become more valuable because I'm now able to understand how what I do and say impacts them. For me, learning more about how gratitude and optimism can positively affect well being has made me more conscious of the energy I'm putting out into the world. I've realized just how much of what I say and do can hurt or help myself and those around me. Now, I think more carefully about wording when I speak to others and myself. Lessons on character strengths have helped me to do better at school and work because they've taught me where I can improve on tasks I'm not good at by using my strengths. If anything, this class has taught me how to be a more optimistic, resilient person who not only aims for success but is capable of dealing with and learning with failure. The most challenging part of this class isn't the work load or even the content, it's finding the ability to be honest with ourselves and change our brains to think more positively and allow us to flourish against all odds.

Female, 16

Although there are many different categories within positive psychology, gratitude has impacted me the most and has hit me the hardest. I obviously knew that I appreciated my parents but it wasn't until I started my gratitude journal that I realized just how grateful I really was. In nearly every entry, I was "grateful my mom took me out for dinner", "grateful my dad took me to a movie", etc. There was always something about my parents that I was thankful for. It put other things into perspective too, things that I wouldn't have even given a second thought unless I was doing it as a school assignment. Now, I notice the small things my family does for me, the miniscule events that make my day better, and sometimes it's just a good meal that hits the spot.

Student, 17

Learning about positive psychology has helped me lead a better life. I have become more mindful of the relationships I have with others and how those relationships impact me. Because of that knowledge I have started paying more attention to how I interact with the people around me so I can have healthier relationships that not only benefit me but also them. I have also become more aware of the behaviors that negatively affect me and prevent me from becoming a better person.

Female, 16

Before taking positive psychology, I had no idea how much small events could impact your attitude and overall well-being. I have learned how to take events from the past and learn from them but also how to properly prepare to take on events in the future. Taking this class has helped me learn how to navigate my emotions and keep myself in a better state of well-being by using tools such as optimism; the ability to realize that bad events won't last long; gratitude journaling and letters; and how to use my character strengths to my advantage. I am grateful to have taken a class that could help me learn how to equip

myself for situations that I might not be totally comfortable in. I have noticed a real change in my ability to be mindful and use the things I have learned to keep good habits of positivity in everyday life.

Student, 17

At first, I wanted to take positive psychology because I wanted to extend my knowledge on psychology, and learn more about aspects of psychology I may not know about. However, from this class, not only have I gained knowledge on the subject, but I've also learned how much my well-being really impacts my life. The most important and useful information I've learned in this class is how to experience better well-being. I've learned how to manage stress, the importance of expressing gratitude, and how to control my life so that I am more motivated, and optimistic. I feel that this class impacts my life in many ways: I am more motivated to get things done in and out of school, I've found how to manage stress, and I am more optimistic about things that don't go the way they should. Overall, positive psychology has taught me so many ways that I can experience better well-being in my life.

Male, 18

Positive psychology has shown me that wellness can be ultimately achieved through any means. No matter what your situation is, you can build a positive and fulfilling mindset, even on the foundation of a total disaster of a life. Positive psychology shows that we can control our negativity, and use it to propel ourselves to our goals and desires, creating fulfillment. Negative events will occur, and cannot be ignored. But it can be processed and used to fuel things in our life that brings us personal fulfillment and joy, and create a real feeling of fulfillment.

Male, 16

I have really enjoyed this class because it has taught me overall about how important perspective really is. We learned about how important it is to be mindful and go into situations with an open mind. We covered how important it is to have the ability to bounce back from setbacks and be resilient. These things helped me understand that when things go wrong (because they will) they won't last long and the outcome often depends on how you view it and your actions. I have used many things from this course in my everyday life and I have learned that we do indeed have control and even if things aren't in our favor we can still do things that help us raise our well being.

Female, 17

Positive psychology has taught me more than I would have ever thought it would. However, the thing that stands out to me the most is that emotions are okay. Having a bad bad shouldn't mean keeping it all in and losing sleep because you're thinking about it all night. It has helped me realize that telling people how I feel is healthy and okay to do. The relationships I have made have been so much deeper just because I realized that I can be vulnerable without feeling guilty. It also has helped me realize that having relationships with people should be strong and can become stronger if you take the mask off and tell them how you really feel. Positive psychology has helped me become aware of how I feel and it continues to help me with the building of relationships.

Female, 17

Positive psychology has really impacted my life and taught me many new things. Before I had this class I would prioritize negative aspects instead of the positive. This class has taught me to look at the positive side of life a lot more and taught me that some of the smallest details about my day actually made it better. It has opened my eyes to harmful things I can do to others and myself and to be more mindful of the world around me and my impact on others. Positive psychology has helped me grow a better mindset and taught me ways to handle negativity without it being toxic or letting it affect me. This class is very impacting and has taught me lots of valuable lessons that I will use throughout my life.

Male, 17

I have been able to use the strategies and ways of thinking throughout my entire life. I have learned a lot of ways to think about bad situations better and have a more positive outlook. There are a lot of breakthroughs I have in the class as well by reflecting on my life and my past decisions that I have made. I have overall seen that I start looking for the good in my life a lot more than I used to. I used to think very pessimistic and negative but after taking this course I have realized that many parts of my life actually have a lot more good qualities than I previously thought. I can focus less on the negative and more on the things that I am grateful for and respect.

Female, 18

What positive psychology has taught me about wellness is that there is a key controlling point to all emotions and feelings. One key point is called mindfulness--mindfulness is when you are being present and tuning into your everyday experiences instead of putting your life on autopilot. When we are mindful we are "tuned in" to our present experience and we feel alive. Times that I have felt mindful are when we start positive psychology by writing in our journals. It helps me to think of just the positives and not all the negative in my life and provides me better wellbeing. I also feel mindful when I am around my mom. I enjoy being around her and I try to be present in the moment with openness and acceptance (Which is practicing mindfulness!). Another key point I learned in positive psychology about wellness is related to media. When I am in positive psychology we do not have our phones or media. Personally I enjoy not having my phone because then I can feel more mindful because I can control and find my emotions better. Media also increases anxiety, stress and depression which will affect your wellness overall. On a daily basis in positive psychology, we are learning about habits and actions that can help us attain better mental and physical outcomes so that instead of surviving, we are thriving which is most important for wellness. With that, I learned more about optimism and pessimism and that with optimism- your bad days and conflicts will not last long and with each conflict you will be able to bounce back easier every time. To conclude I would also like to add that I will be continuing to journal even when not in this class because it has provided me with better knowledge of myself, and being able to control and acknowledge my feelings.