

Quick Consolidation: Change the Emotional Set Point

Although the serendipity of a simple, surprising happy moment is, of course, a wonderful thing, pursuit of pleasure for pleasure's sake is not very good for our well-being. The long-term pursuit of meaningful goals is more than invigorating; it's healthier and more positive than short-term pleasure seeking. This is why tough projects and goals can work miracles with your students. With this firmly in mind, answer the following reflection questions on how you can build positive attitudes in your students.

1. What do you know or understand about emotional set points that you didn't at the start of this chapter?
2. Think about what you've learned about the different kinds of happiness (spontaneous, hedonistic, and eudaimonic). What changes will you make to your teaching practices to focus on fostering eudaimonic happiness in your students and avoid hedonistic rewards?
3. What strategies from this chapter will you begin using in your own practices? What makes them the best fit for your students and teaching?
4. What changes could you make to the strategies in this chapter to adapt them to better serve your specific students and classroom environment?
5. When you encounter challenges helping students shift their emotional set points in a more positive direction, how will you use the entirety of the positivity mindset to help them break through?