

GENERAL ACADEMIC LIFE

- Help make learning fun.
- Share praise when appropriate.
- Help classmates laugh and relax when needed.
- Contribute to exciting class discussions.

STUDY TECHNIQUES

- Invite study partners who are as upbeat as you.
- Encourage others to enjoy their assignments.
- Think of fun, even silly, ways to remember things.
- Make learning fun for yourself and others by throwing study parties.

RELATIONSHIPS

- Express your positive attitudes about life to others.
- Transfer your energy into everything that you do.
- Let positive emotions reign, and avoid those who are guided by negative, destructive, and defeating attitudes and practices.
- Choose friends who love life as much as you do.

CLASS SELECTION

- Take classes that you find exciting and meaningful.
- Select courses led by professors who have positive approaches.
- Investigate what others with a lot of positivity say about the courses you are considering.

EXTRACURRICULAR ACTIVITIES

- Play or support team sports in which can you enjoy cheering others on.
- Actively seek out extracurricular activities that might be fun.
- Pump energy into clubs you join.