
Positive Psychology

Positive Psychology & Mentoring



GOALS

- Nurture talent
- Focus on strengths, not weaknesses
- Help people learn to frame their experiences positively

THREE COMPONENTS

1. *Positive Emotions*: Content with the past, happy with the present, hope for the future.
2. *Positive Traits*: Focus on strengths.
3. *Positive Institutions*: Surrounded by individuals using their skills and resources to make our community better.

IMPLICATIONS FOR MENTORING

Positive interactions have an impact on our brains and as a result, we are better prepared to learn and retain information. *Increased dopamine, serotonin, and endorphins.*

MINDSET

Fixed Mindset: My intelligence is fixed.

Growth Mindset: Dedication and hard work will develop abilities and reach full potential.

STRESS

- Negative words cause stress and stress causes a lot of wear and tear.
- When people experience stress that is not related to an emergency but to an ongoing situation, those stress hormones cause us more harm than good.
- THRIVE: 6:1 ratio of positive to negative
- MAINTAIN: 3:1 ratio of positive to negative

STRATEGIES FOR MENTORS & COLLEGE READINESS COACHES

- Monitor your own positive/negative interactions.
- Encourage and give specific, sincere, and immediate praise.
- Be a realistic optimist.
- LISTEN actively and authentically.

For additional resources on Positive Psychology and Growth Mindset, visit
<https://www.mentoring.org/campaigns/education/>