



WELCOME TO POSITIVE PSYCHOLOGY CLUB

THE SCIENCE OF THE GOOD LIFE!

Today's Schedule

"At the heart of positive psychology lies the belief that people can lead happier, more meaningful, and fulfilling lives by moving their focus away from the negative towards a more balanced perspective"

1. Icebreakers/Meet the Club Leaders
2. Discussion/Club Goals
3. Happy Neurons
4. Group brainstorm
5. Meditation
6. Wrap-up



01

Icebreakers/
Meet the Club
Leaders

Luna Dare

- Position: Head leader.
- I'm a junior currently majoring in psychology.
- I used to live in Australia from when I was younger!



Myla (“Lala”) Gilbert

- Position: Co-leader.
- I’m a sophomore majoring in psychology, minoring in Spanish.
- My favorite food is dim sum.



Eric Wang

- Position: Co-leader.
- I'm a senior, majoring in psychology and minoring in computer information science, economics, and music technology.
- My family owns three corgis.



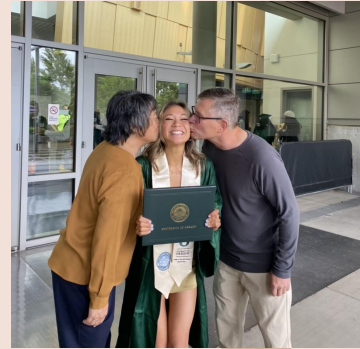
David McCormick

- Position: Faculty Advisor.
- I am a life happiness major.
- I won an award for discovering a part of the brain that relates to classical conditioning (Pavlov's dogs).



Liz Riebe

- Position: Faculty Advisor.
- Major: I graduated from the University of Oregon this year majoring in Global Studies and minoring in Chinese. Now, I am pursuing a phd program in psychology.
- Fun Fact: I'm a chocolate fiend and a big lover of hugs! I'm also best friends with my brother.






O2

Discussion/
Club Goals

Discussion

In your groups:

- 1) What's something you feel grateful for?
- 2) Are you taking any psychology courses at the University of Oregon?
If so, what have you learned about happiness in them?
- 3) Are you new or returning to this club?
 - New: Why are you interesting in this club?
 - Returning: Why did you decided to come back?
- 4) What are you trying to get out of this club?



O3
Happy
Neurons

Extra Resources- Happy Neurons

<https://happyneurons.squarespace.com/config/>

Club Goals

- Our goal for this club is to create an open environment for students to learn and discuss different aspects of what makes people happy. Members are encouraged to apply the knowledge from these meetings, so we can all be living the good life!
- Although we're leading the club, we want everyone's voices to be heard and to create a space where we can all learn and grow together.

Club Goals (Cont.)

- We'll have a total of 3 meetings this term: today, November 3rd, and November 17th.
 - We would love to have some events around campus to spread positivity and kindness. These would have to be in addition to the regular meetings, because we already have such little time together.
 - We were also considering having some guest speakers come in (therapists, meditation guides, researchers, etc.) These talks would also be outside of our regularly scheduled meetings.



O4
Group
Brainstorm

Topic Ideas



Body Holds onto
Trauma



Mindfulness



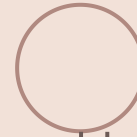
Relationships



Music frequencies



Toxic Positivity



Gut health - our
2nd mind

Brainstorm (Cont.)

Some additional questions to consider:

1. Should we do any outings as a group this term? If so, what are people interested in?
 - Movie night, scavenger hunt, group hike, ice cream social, trivia night, nonprofit work...
2. Should we do additional meetings/Q&As with people in the psychology field? If so, who should we invite?



05
BeReal
Challenge

BeReal Challenge

- A fun way to raise money for our club/ a prize for the winner
- Guidelines:
 - Add a minimum of 5 friends
 - Have notifications turned on
- Post a BeReal of you doing an act of kindness or something that brings you happiness and DM it to us on our IG @uopositivepsych with your username (if you're a new user) and a brief description.
- We'll be randomly choosing a winner on the 28th!

THANKS FOR COMING!

Our next meeting will be
on 11/17/22 from 6:30-7:30.

You could also go to
Unthank 264 at 7:30 for
additional meditation led
by Prof. McCormick!

