



WELCOME TO POSITIVE PSYCHOLOGY CLUB

THE SCIENCE OF THE GOOD LIFE!



ICE BREAKER

Myla

ICEBREAKER - PERFECT MATCH

- Everyone will get a notecard to tape on their back
- The person/thing on each note card has one matching card (ex: if your notecard says “sun,” someone else in the room has one that says “moon”)
- Your goal is to find your match by asking others yes or no questions. Help the group and work with multiple people
- Once you find out what your card is, try to find the other person whose notecard matches yours!



TODAY'S SCHEDULE

01

SAD and Goal
Setting
Presentation

03

Group Discussion

02

Group Meditation

04

Club Poll

6 min Self-Compassion Meditation

<https://open.spotify.com/episode/04Y8oNamzAqESwd9DK6Bbc?si=7b55d7c918de496f>



01

GOAL SETTING & S.A.D.

Eric & Luna

Seasonal Affective Disorder (SAD)

- Seasonal affective disorder (SAD)
 - Symptoms only occur seasonally
 - Two types of SAD
 - Fall and Winter SAD
 - Spring and Summer SAD
 - Typical symptoms of each
- How is it different from major depressive disorder (MDD)?
- Links with other disorders
- Treatment

Self-compassion and setting goals

- “Self-kindness means recognizing our unconditional worth, even when we fall short of our own expectations”
- “Research indicates that self-compassion is one of the most powerful sources of coping and resilience we have available to us, radically improving our mental and physical wellbeing.”- Dr. Kristin Neff
- “Self-compassion has also been found to aid adjustment to university life. Undergraduates with higher levels of self-compassion have been shown to experience...less psychological distress when faced with academic pressure and social difficulties throughout their academic careers.”-Neff & Davidson

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02

GROUP MEDITATION

Liz



03

GROUP DISCUSSION

Liz

DISCUSSION TOPICS

1 Reflection	Overcoming challenges
2 Reflection	Important relationships
3 Goal-setting	Keep what's working
4 Goal-setting	Let go of what's not
5 Self-love	RAIN
6 Self-love	Self-compassion/Resilience

Q1

Reflection (5 min)

- What is a challenge you overcame in 2022? What did you learn from it? How will you use your lessons to grow in 2023?

Q2

Reflection (5 min)

- Who is someone you would not have gone through 2022 without? Why? What actions will you take to maintain that relationship with them?

Q3

Goal-Setting (5 min)

- What are you doing now that is working for you to achieve your goals? Examples:
 - You have your goals written down and you consistently check-in on them
 - You know the underlying intent of your goals (are you attaching your worth to them? Are they serving you or others?)
 - Your goals align with your values
 - You have (or work on having) high quality/in-depth relationships
 - You allow room for failure and self-compassion
 - You balance exercise and rest for both your mind and body
 - You stay consistent and aware of your habits
 - You remember you are inherently whole and worthy
 - You do not blame your inability to attain your goals on other people/entities
 - Other examples?

Q4

Goal-Setting (5 min)

- What are you doing now that isn't serving you? Examples:
 - Your goals are attached to pleasing others or how others will see you
 - Your goals are attached to how worthy you think you are
 - Your goals require you to overextend your boundaries
 - Your attempt at your goals are happening in an unhelpful environment
 - You blame other people/entities for your problems
 - You see failure of your goals as a stoppage point instead of a reflection point
 - You act on your goals without intention
 - Other examples?

Q5

Self-Love (5 min)

- RAIN is an emotion processing practice to help manage emotions/thoughts and engage more accurately with your reality. It teaches the truth that emotions/thoughts are teachers, not agitators or blockers of our happiness.
 - Recognize - recognize the emotion/thought you are feeling in this moment
 - Allow - allow the emotion/thought to surface without reacting to it. A helpful metaphor is imagining you are a home, and your emotions/thoughts are welcomed guests.
 - Investigate - investigate why the emotion/thought is present. What is this emotion/thought trying to teach me? Is it helpful? Is it accurate with reality? What might this emotion/thought believe about myself?
 - Nurture - nurture your emotion/thought for arising. If it is anxiety or fear, you may say, “Thank you” or “I appreciate you for showing up and trying to protect me” or “I understand you came, but I am alright. I know I am inherently whole and worthy and loved.”
- Describe some ways you can use RAIN in the moment and how it can improve your quality of life

Q6

Self-Love (5 min)

- In order to maintain goals and improve your quality of life, practicing self-compassion is one of the most important things you could do. Self-compassion is another word for resiliency
- Make a list of actions you can take to treat yourself with self-compassion. Examples:
 - Exercise/move to be in tune with your body
 - Feed your body with what makes you feel good
 - Remember your best is always good enough
 - Repeat affirmations you know of yourself are true
 - Tend to your relationships
 - Be aware of your habits and emotions/thoughts
 - Practice discernment over judgment
 - Go outside!
 - Practice self-reflection consistently (journaling, meditation, etc.)
 - Other examples?



04

CLUB POLL

POLL



Communication Poll

Would you prefer to have Remind or a group chat for getting notifications from the club?



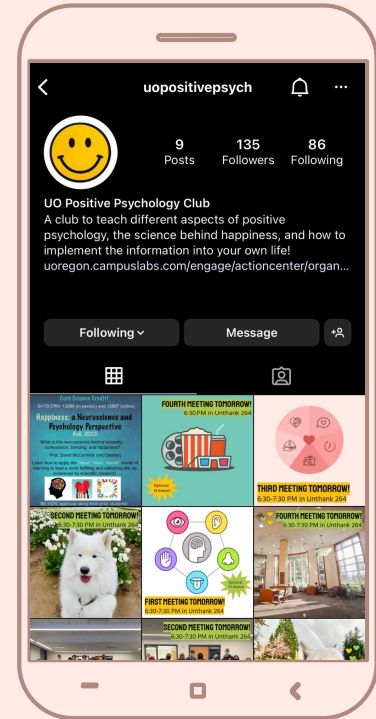
POLL 2

?

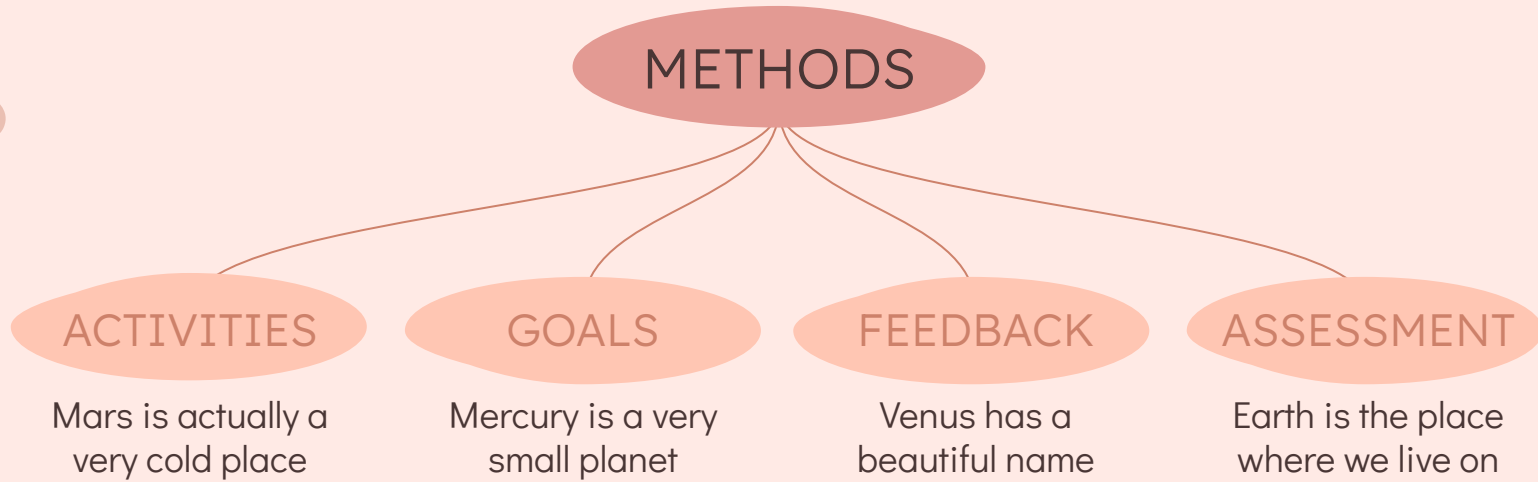
THANKS!

Our next meeting will be on 2/2/23
from 6:30-7:30.

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



OUR TEACHING METHOD



WHAT SETS US APART?



MARS

Despite being red, Mars is actually a cold place. It's full of iron oxide dust



VENUS

Venus has a beautiful name and is the second planet from the Sun



MERCURY

Mercury is the closest planet to the Sun and a very small planet



SATURN

It's a gas giant and it's composed mostly of hydrogen and helium

OUR ACADEMIC AREAS

AREA 1

Mars is red but actually a very cold place

AREA 2

Venus is the second planet from the Sun

AREA 3

Neptune is the farthest planet from the Sun

AREA 4

Mercury is the closest planet to the Sun

AREA 5

Saturn is a gas giant with several rings

AREA 6

Jupiter is the biggest planet of them all

OUR VALUES



MERCURY

Mercury is the closest planet to the Sun and a very small planet



VENUS

Venus has a beautiful name and is the second planet from the Sun



MARS

Despite being red, Mars is actually a cold place. It's full of iron oxide dust

THANKS

Do you have any questions?

youremail@freepik.com


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yourwebsite.com



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A young man with glasses and a beard is looking at a laptop screen. A young woman with long brown hair is smiling and looking at the laptop. They are sitting at a desk with a laptop and some papers. The background shows a bookshelf. The image has a warm, orange-toned filter. There are decorative orange shapes in the corners.

A PICTURE
IS WORTH A
THOUSAND
WORDS

A PICTURE ALWAYS REINFORCES THE CONCEPT

Images reveal large amounts of data, so remember: use an image instead of a long text. Your audience will appreciate it





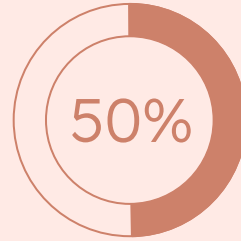
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Big numbers catch your audience's attention

OUR SUCCESS

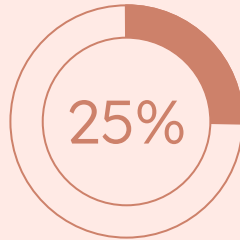
MARS

Despite being red, Mars is actually a cold place. It's full of iron oxide dust



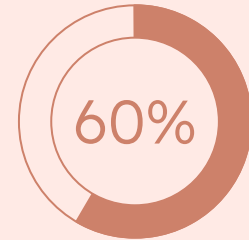
MERCURY

Mercury is the closest planet to the Sun and the smallest of them all



VENUS

Venus has a beautiful name and is the second planet from the Sun



STATISTICS

40%

VENUS ●

Venus is the second planet from the Sun

30%

JUPITER ●

It's the biggest planet in the Solar System

20%

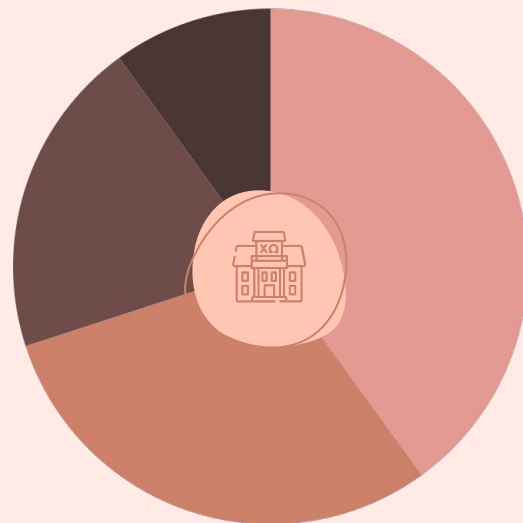
MARS ●

Despite being red, Mars is a cold place

10%

SATURN ●

Saturn is a gas giant and has several rings



Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**

OUR TEACHERS



JENNA DOE

You can speak a bit about
this person here



TIMMY JIMMY

You can speak a bit about
this person here

OUR GOALS

MERCURY

It is the closest planet to the Sun

VENUS

It's the second planet from the Sun

MARS

Mars is actually a very cold place

JUPITER

Jupiter is the biggest planet of them all

SATURN

It's composed of hydrogen and helium

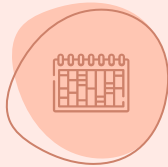
NEPTUNE

It's the farthest planet from the Sun

STUDENT PROGRESS

1ST TERM

Venus is the second planet from the Sun



3RD TERM

Saturn is composed of hydrogen and helium



5TH TERM

Mars is actually a very cold place



2ND TERM

Neptune is the farthest planet from the Sun

4TH TERM

Mercury is the closest planet to the Sun

6TH TERM

Jupiter is the biggest planet of them all

ENROLLMENT PROCESS

01

Venus is the second planet from the Sun

02

Despite being red, Mars is actually a cold place

04

Jupiter is the biggest planet of them all

03

Saturn is composed of hydrogen and helium

WORLDWIDE CENTERS

JUPITER ●

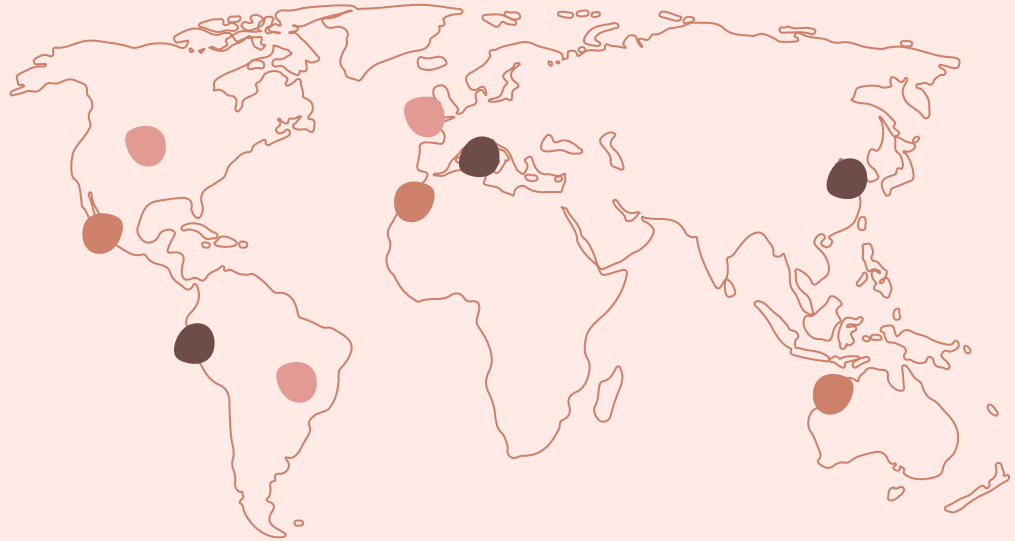
It's the biggest planet in the Solar System

VENUS ●

Venus is the second planet from the Sun

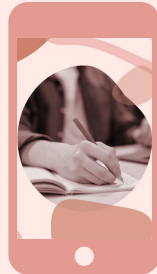
MARS ●

Despite being red, Mars is a cold place



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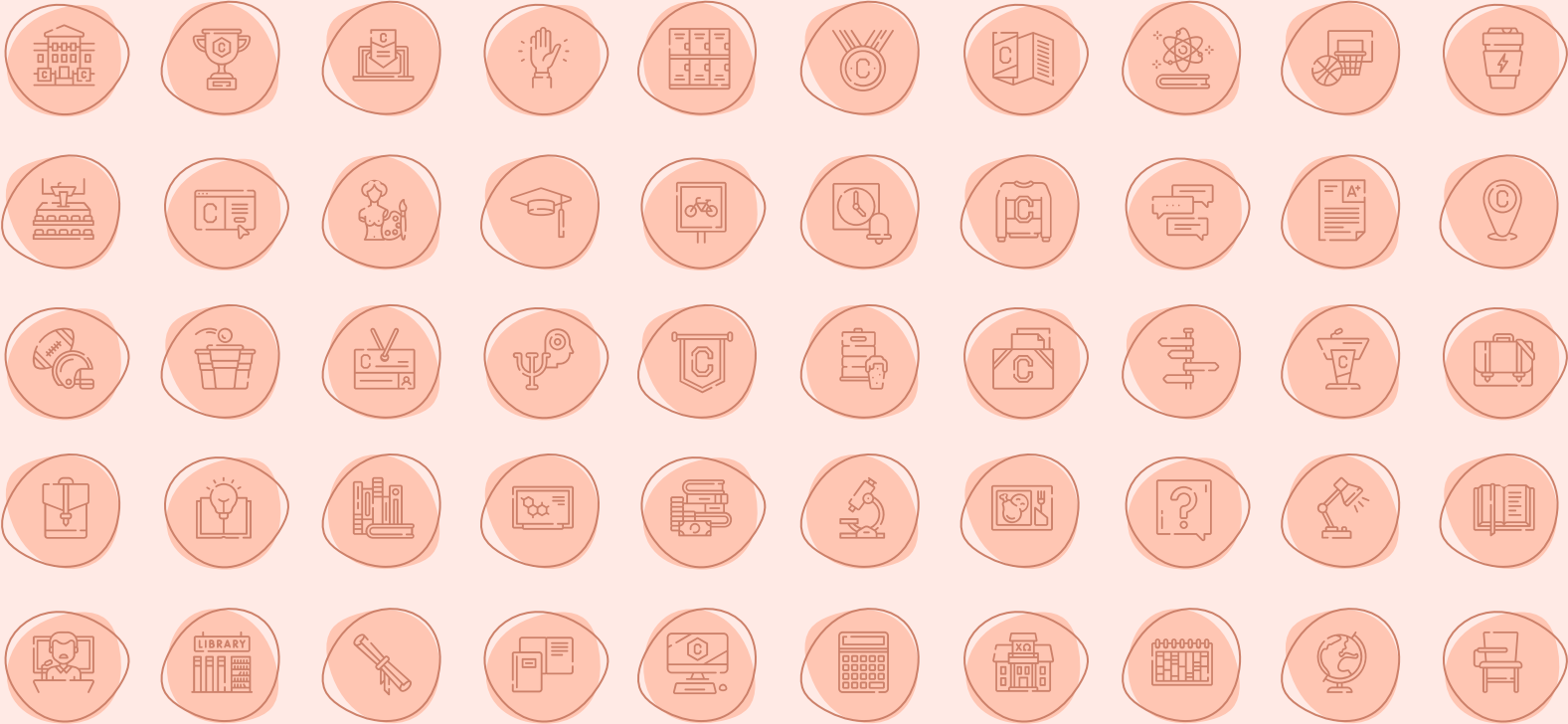
SPECIAL REMINDERS

Do you know what helps you make your point clear?
Lists like this one:

- They're simple
- You can organize your ideas clearly
- You'll never forget to buy milk!

And the most important thing: the audience won't miss
the point of your presentation

ICON PACK



ALTERNATIVE RESOURCES

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- Abstract flat background



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VECTORS

- Hand drawn terracotta background
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- Flat design terracotta background

ICONS

- Icon Pack: College | Lineal

PHOTOS

- Medium shot student looking for book
- College girl and boy studying together
- Medium shot student holding books
- Medium shot man holding notebook
- Boy studying in the university library

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Pana



Amico



Bro



Rafiki



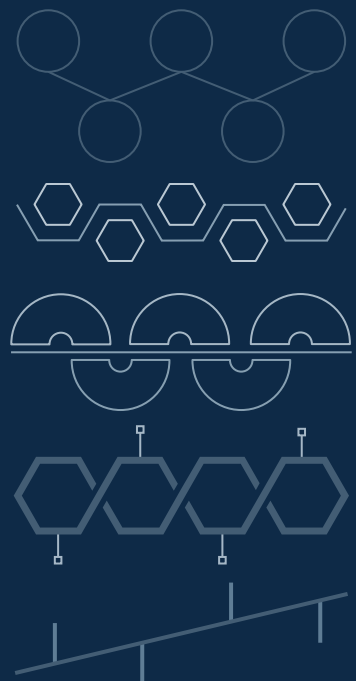
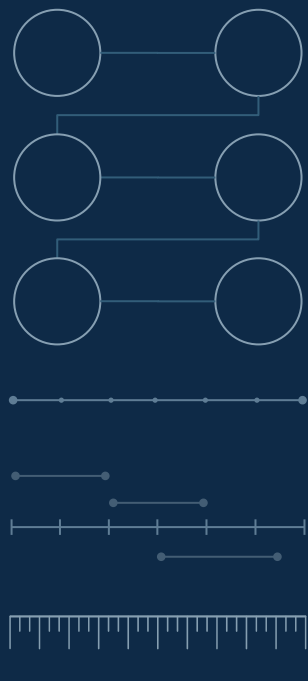
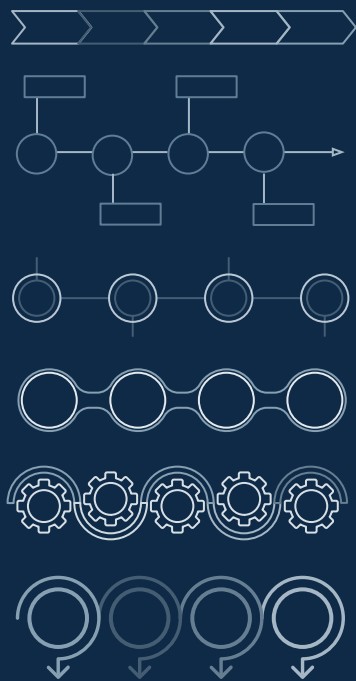
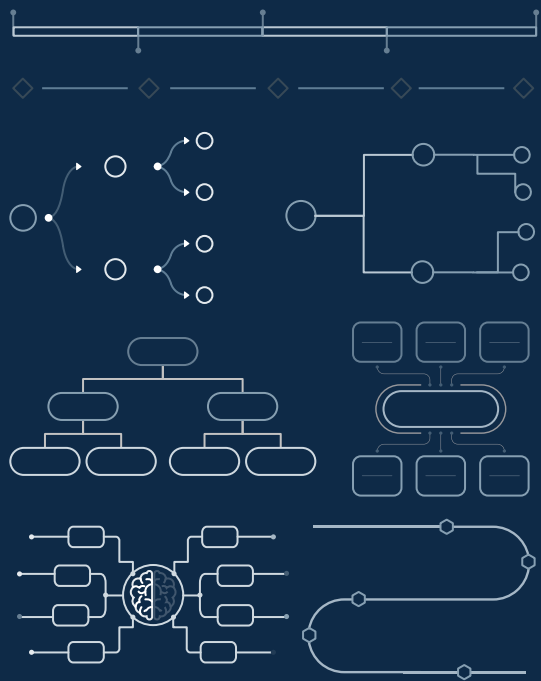
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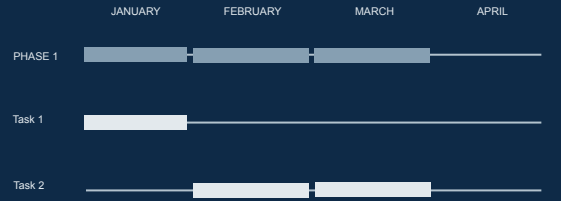
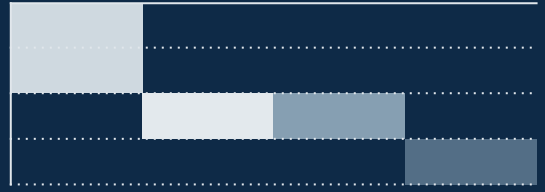
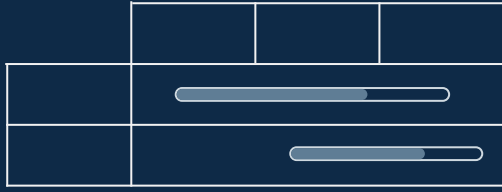
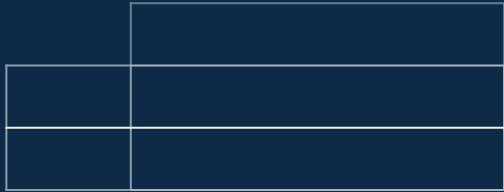
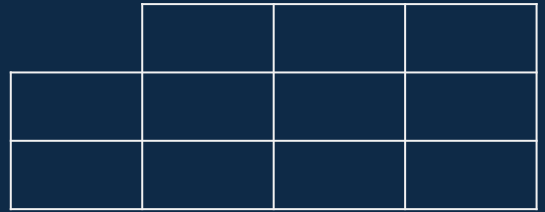
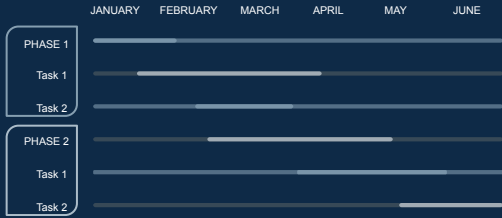
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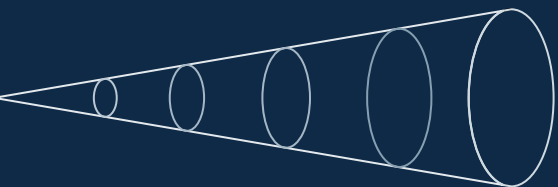
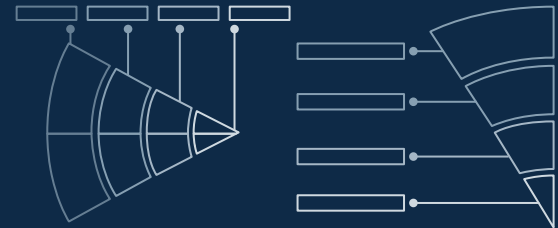
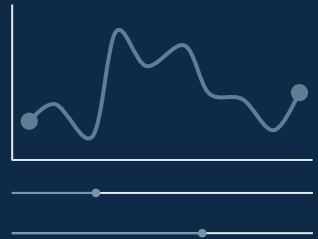
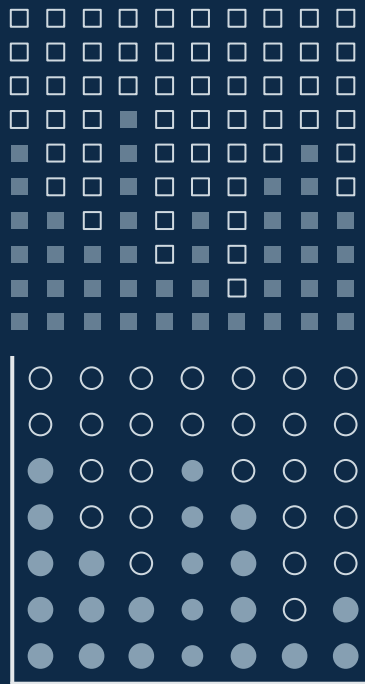












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Nature Icons



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