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Psychology : Positive Psychology

White, Mathew A., Murray, A. Simon (Eds.)

Evidence-Based Approaches in Positive Education

Implementing a Strategic Framework for Well-being in Schools

- Includes a foreword by Martin E.P. Seligman
- Fills a gap in the current literature on evidence-based approaches in positive education
- Offers examples of best practices using positive psychology to lead organizational development and growth
- Presents classroom applications from the Early Years to Year 12
- Provides a model for leading positive psychology and change in educational settings

Based on action research and implementation at one of the world's great schools, this book provides a much-needed exploration of how to implement positive education at a whole school level. Evidence-Based Approaches in Positive Education summarises the integration of a whole-school mental health and well-being strategy, positive psychology programs and pastoral care models from 3 – 18 years of age. Positive education is the teaching of scientifically validated programs from positive psychology and character education that have an impact on student and staff well-being. It is an approach that focuses on teaching, building and embedding social and emotional learning throughout a student's experience. St Peter's College - Adelaide is the only institution in the world to integrate Martin Seligman's well-being theory throughout all aspects of both its strategic intent and positive education programs. The School's vision is to be a world-class school where all boys flourish. Its mission is to provide an exceptional education that brings out the very best in every boy. This is done within an intellectually and spiritually rich environment that nurtures international-mindedness, intercultural understanding, respect and a commitment to social justice. This book captures the developments of the St Peter's College journey.

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