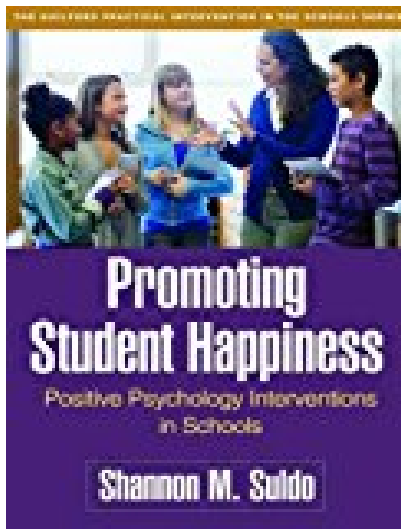


Promoting Student Happiness Positive Psychology Interventions in Schools Guilford Practical Intervention in the Schools



BOOK DETAILS

- Author : Shannon M. Suldo PhD
- Pages : 273 Pages
- Publisher : The Guilford Press
- Language : English
- ISBN : 1462526802

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BOOK SYNOPSIS

Grounded in cutting-edge research, this book shows how interventions targeting gratitude, kindness, character strengths, optimistic thinking, hope, and healthy relationships can contribute to improved academic and social outcomes in grades 3-12. It provides a 10-session manual for promoting subjective well-being--complete with vivid case examples--that can be implemented with individuals, small groups, or whole classes. Factors that predict youth happiness are discussed, evidence-based assessment tools presented, and ways to involve teachers and parents described. In a large-size format with lay-flat binding for easy photocopying, the volume includes 40 reproducible handouts and forms. Purchasers get access to a companion website where they can download and print these materials, plus online-only fidelity checklists and parent and teacher notes. This book is in The Guilford Practical Intervention in the Schools Series.

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