Study Guide

1. What are the components of the PERMA Model of Well-Being? Describe each.
2. What are the 6 virtues of the VIA Classification system?
3. Know the section A Balanced, More Complete View of Human Functioning
4. Who founded Positive Psychology? Know the section Where We are Now and What We Will Ask
5. What are the key components of gratitude? What are the physical, social, and psychological benefits of gratitude?
6. What are the 4 ways to cultivate gratitude according to Emmons?
7. What are the ways to cultivate gratitude?
8. Who was Karl Menninger and what did his diagnosis focus on?
9. What are strengths? What are the criteria for strengths?
10. How do strengths differ from talents?
11. What are the strengths for each virtue?
12. Know Synder’s story about the airport delay
13. What was the driving question for the Search Institude’s research on Developmental Assets?
14. What are the measurement issues that affect cultural equivalence of measures?
15. What 3 things make up emotional well-being?
16. What are the dimensions of psychological well-being?
17. What are flourishing and languishing?
18. Dr. Satcher’s report
19. What is culture?
20. Genetically deficient perspective
21. Culturally different perspective
22. Cultural pluralism
23. Western and Eastern perspective on happiness
24. Importance of Wise Man of the Gulf
25. Multicultural Personality
26. What is resilience?
27. What are the 2 dimensions to classifying resilience and the 4 outcomes?
28. Dr. Emmy Werner’s research with children from Kauai
29. Importance of ethnicity research and positive youth development slide
30. What is thriving?
31. Big Brothers/Big Sisters
32. Terman’s research
33. Valliant’s research
34. What are the 3 components of successful aging?
35. 6 tasks of adult development
36. What are 2 types of social support?