

The background features abstract, overlapping green geometric shapes in various shades of green, creating a modern and dynamic visual effect. The shapes are primarily located on the left and right sides of the slide, framing the central text.

# How optimism affect your academic life

Smart can be dumb

Steven Becker

# Topics

- ▶ Defintion of Hope and Optimism
- ▶ Optimism as an indicator of academic sucess - *A study by C.R.Synder*
- ▶ Optimism helps to stay focuesed -*A study by Martin Seligman*

# Hope and Optimism

- ▶ **Hope** means that you do defeat a fear or depression caused by challenges or setbacks
- ▶ “**Optimism** is the tendency to be hopeful and to emphasize or think of the good part in a situation rather than the bad part”, *Cambridge Academic Content Dictionary*
- ▶ In the following we use this words with an equal meaning

# Optimism as an indicator of academic success

A study by C.R.Snyder

- ▶ **Hope** is a better indicator for success in the first semesters as the SAT-Test
- ▶ **Hopeful** students trying to achieve higher targets, they can motivate themselves better and easier

# Optimism helps to stay focused

A study by Martin Seligman

- ▶ *Insurance agents*, because they come into contact with rejection and failure every day
- ▶ **Optimistic** agents sell 37% more insurance as the pessimistic
- ▶ He arrange a special **optimistic group** of agents
- ▶ The group sold in the first year 21 % and in the second year 57% more insurance
- ▶ Results can be transfer to academic sucess because for a student studying is his profession