

Goal: “We all want deep and long-lasting relationship, Thrivyer increases the odds”
collect classmates’ data on key aspects that help identify potential good friends.

Audience: For this discussion in class, audience are classmates. (Thrivyer project: Ivy league students.)

Processes:

1. Introduction: “facebook depression”, important aspects to become true friends. (1 min)
2. Discussion: [What do you think?] Common Aspects that both you and your best have (1 min)
3. Collecting data: write down answers on board in terms of categories below (2 mins)
4. Summary: Be mindful and there are potential great friends out there, even in this room!! (1 min)

Categories:

1. Hobbies (Eagle)

Indoor vs Outdoor; e.g Sports, Reading, Music, Movies.....

Write down three favorite hobbies: 1. 2. 3.

2. Values (Kelvin)

*5mins python script to quickly identify your most important values:

-> <https://thrivyer.github.io/>

→ click “HERE” to identify your values

Please Mark # after each value example: (e.g. if value Family a lot, then do “Family [1]”

[1]Always valued: [2]Often valued: [3]Sometimes valued: [4]Seldom valued: [5]Never valued:

Change and Variety	Family	Creativity	Profit	Excitement	Moral Fulfillment	Power
Influence People	Fast Pace	Fun and Humor	Aesthetics	Community	Knowledge	
Affiliation	Work-life Balance	Challenging Problems	Practicality	Spirituality		
Security	Adventure	Exercise Competence	Precision work	Structure and Predictability		
Work with others	Help Society	High Earning	Public contact	Location		
Help others	Recognition	Work on frontiers of knowledge	Independence	Honesty and Integrity		
Time freedom	Work alone	Stability	Diversity	Environment	Friendships	

3. MBTI: (only demonstrate: introvert VS extrovert) (Eagle)

Circle one: Introvert vs Extrovert

4. Career choice (Bing)

Write down three dream jobs: 1. 2. 3.

5. Mood (Bing):

What is your current mood?

Circle one and write down more:

Angry	Blissful	Calm	Depressed	Excited	Frustrated	Grateful
Happy	Indifferent	Joyful	Kissable	Loving	Mellow	Nostalgia
Optimistic	Pessimistic	Q?	Romantic	Stressful	Thinking	UVWXYZ