

Matthew White

Sydney Catholic Schools

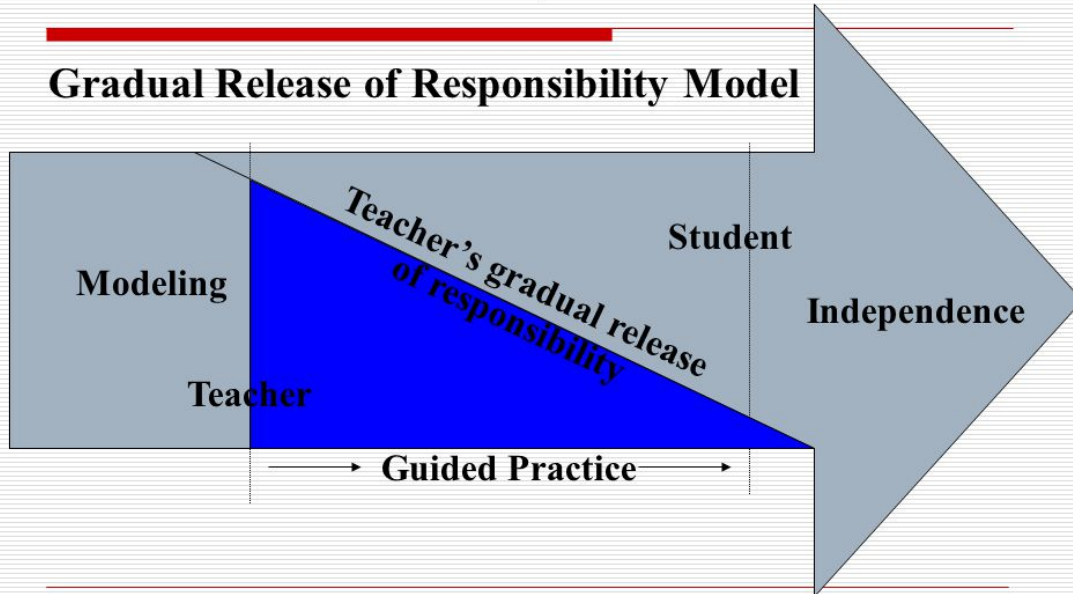
Positive Psychology for Students with Learning Difficulties



Experience of *optimal functioning*

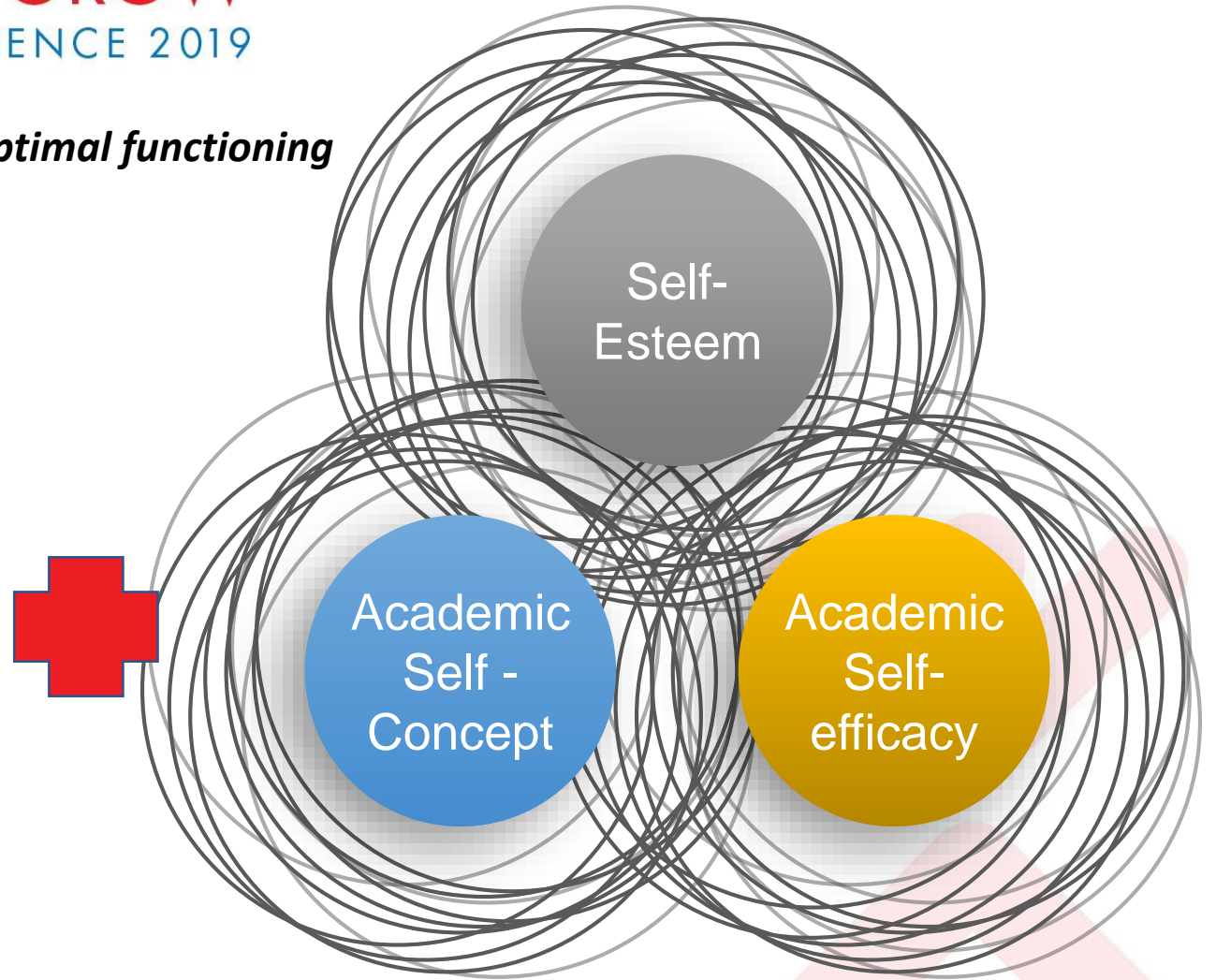
Model Of Explicit Instruction

Gradual Release of Responsibility Model



Spires & Stone, 1989, after Pearson & Gallagher, 1983

Educational Supports



Psychological Wellbeing Supports

The Framework of Achievement Bests

(Phan, Ngu and Yeung, 2017).



The science behind Positive Education is inextricably linked to our knowledge of effective pedagogy.

P - Calibrating students academic self beliefs foster positive emotions.

E – Effective pedagogy is the precursor to engagement: cognitive load theory, explicit instruction, establishing Flow all support engagement.

R –Inclusion is a sense of belonging. Belonging is built on relationships.

M - The meaning of all learning tasks should be apparent to students. Promotion of a mastery goal orientation is the goal of all educators

A - We need to re- calibrate students fixed sense of accomplishment. The Framework of Achievement Bests encourages a state of *optimal best* (Energy = vitality and academic buoyancy).