5.2 / Positive Psychology

Name _____ Date _____

1 Make the connection.

Explain each concept in your own words. Add a brief example that shows why it fits.

Positive psychology

Well-being

Resilience

Gratitude

2 Build the explanation.

Study flourishing without denying hardship. Build the research introduction.

Choose from the pieces below. Some do not belong. Write a letter in each position and explain the connection.

A. Only cheerful feelings count as well-being.

B. Studying well-being does not deny distress or replace clinical care.

C. Meaning and relationships as well as pleasant feelings.

D. Strengths and conditions that support positive functioning.

Research focus - Piece: _____

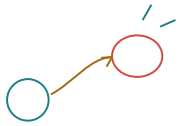
Broader outcome - Piece: _____

Boundary - Piece: _____

Show the connection.

Sketch a diagram or example that connects two ideas. Label the parts.

Use the idea. Explain the connection.



3 Choose, then explain.

1. Simulated scores rise from 12 to 15 in one group and 12 to 14 in another. What is the difference between their mean changes?

A. 15 points

B. 1 point

C. 3 points

My choice: _____ Why it fits:

2. A school display says gratitude guarantees recovery from depression. What revision is warranted?

A. Remove the guarantee and distinguish research on appreciation from clinical treatment.

B. Keep the guarantee because positivity is always harmless.

C. Replace it with a promise that nobody needs help.

My choice: _____ Why it fits:

4 Bring it together.

Distinguish meaning and connection from constant cheerfulness.

One idea I corrected: _____

One question I still have: _____