Shawn Achor – Positive Psychology

# Vocabulary:

* Boarding school
* Bunk bed
* Tailor st towards sb
* Glean information
* To be at the vanguard of something
* Advil

# Comprehension Questions:

1. What happens in the anecdote Shawn tells at the start of the talk?
2. Why does he tell the anecdote?
3. What is the purpose of the graph he shows?
4. What example of “the cult of the average” does he give?
5. What effect does watching the news have on Shawn’s brain?
6. What is “medical school syndrome”?
7. What do Shawn’s friends assume about Harvard students?
8. What does Shawn think of the boarding school’s “wellness week”?
9. What problems with the way happiness and success are related in society does Shawn highlight?
10. How can we rewire our brains to be more positive?

# Discussion Questions:

1. Which of these activities do you do?
2. Which of these activities would you consider doing?
3. Do you keep a diary/journal? Did you use to when you were younger?
4. What is the message of the video?
5. In which fields do you think this theory would be helpful?
6. How could they be implemented?
7. Tell the class a similar anecdote about your childhood to the one Shawn tells at the start of the video.