THE PSYCHOLOGY OF SUCCESS: WHY SOME SUCCEED WHILE OTHERS FAIL

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What is success?

- How is success measured?
- Do successful people possess certain qualities that other’s lack?
- What is the difference between happiness and well-being?
- Are you an optimist or a pessimist?
- Do we have power over our emotions?
- Is it brains or personality that is the most predictive of success?
- What is positive psychology?
THE FIELD OF POSITIVE PSYCHOLOGY

- Emotional Intelligence
- Resilience
- Learned Optimism
- Self-determination
- Explanatory Style
- Attribution theory
- Social Intelligence
- Gardner’s intrapersonal and interpersonal intelligence
ATTRIBUTION THEORY

- Think of a time when you were successful
  - Describe why

- Think of a time when you were unsuccessful
  - Describe why

- What do your descriptions predict about your future work?

- Successful students take credit for both successes and failures.
Think of the most successful person you know?

- What makes them a success?
- Income?
- Number of friends?
- Level of education?
- Close family network?
- Prestige?
- Fame?
- Good looks?
- Luck?
CHARACTERISTICS OF SUCCESSFUL PEOPLE

- Capacity to love
- Courage
- Interpersonal skill
- Aesthetic sensibility
- Perseverance
- Forgiveness
- Originality
- Future mindedness
- Spirituality
- High talent
- Reflection
- Wisdom
According to Seligman (2000), the field of positive psychology is about valued subjective experiences:

- well-being, contentment, and satisfaction (in the past);
- hope and optimism (for the future),
- and flow and happiness (in the present).
Flow

Are people more happy at work or during leisure?

Flow

- interesting problems
- increasing skill
  - Lead to feelings of happiness, usefulness, wellbeing

- Examples?
According to a report issues by the National Center for Clinical Infant Programs, the most critical element for a student’s success in school is an understanding of how to learn. The key ingredients for this understanding are:

- Confidence
- Curiosity
- Intentionality
- Self-control
- Relatedness
- Capacity to communicate
- Ability to cooperate with others
Happy people are more apt to retain information and do so more effectively than dissatisfied people.
OPTIMISM AND PESSIMISM

- Optimists expect good things to happen
- Pessimists expect bad things to happen
- Optimists believe they have power to change bad into good. (powerful)
- Pessimists think that bad things happen, they will continue to happen, and there’s nothing you can do about it. (powerless)
- Positive thinkers enjoy better health and live longer!
**Wise Choice Process**

- What is my current situation?
- How would I like my situation to be?
- Do I have a choice here?
- What are my possible choices?
- What is the likely outcome of each possible choice?
- Which choices will I commit to doing?
THANK YOU FOR YOUR ATTENTION.

- Evaluation.
- Sign-in.
- Professor slips.