**Applying Positivity Talents in Academics**

*These insights and action ideas can help you apply Positivity talents to achieve in various aspects of your academic life.*

**General Academic Life**

* Help make learning fun.
* Share praise when appropriate.
* Help classmates laugh and relax when needed.
* Contribute to exciting class discussions.

**Study Techniques**

* Invite study partners who are as upbeat as you.
* Encourage others to enjoy their assignments.
* Think of fun, even silly, ways to remember things.
* Make learning fun for yourself and others by throwing study parties.

**Relationships**

* Express your positive attitudes about life to others.
* Transfer your energy into everything you do.
* Let positive emotions reign, and avoid those who are guided by negative, destructive, and defeating attitudes and practices.
* Choose friends who love life as much as you do.

**Class Selection**

* Take classes that you find exciting and meaningful.
* Select courses led by professors who have positive approaches.
* Investigate what others with a lot of positivity say about the courses you are considering.

**Extracurricular Activities**

* Play or support team sports in which you can enjoy cheering others on.
* Actively seek out extracurricular activities that might be fun.
* Pump energy into clubs you join.