The Top 10 Research-based Reasons to Adopt the GoStrengths! Program

Character Strengths are associated with greater engagement, more curiosity, better grades, and more enjoyment in class. (Character Strengths: GoStrengths! Module 6)

Self-regulation predicts grades, school attendance, and standardized achievement test scores more than IQ. (Self-regulation and Grit: GoStrengths! Module 8)

Emotional Intelligence predicts high achievement, retention, as well as positive behavior in students. (Emotional Intelligence: GoStrengths! Modules 2-3)

Growth Mindsets help students take on more challenges, make greater effort, and earn better grades. (Growth Mindsets: GoStrengths! Module 7)

Emotional Regulation helps students transform negative emotions into positive, productive ones; this enables them to make better decisions. (Emotional Regulation: GoStrengths! Module 2)

Resilience Skills can both reduce and protect against symptoms of depression and anxiety. (Resilience Skills: GoStrengths! Module 4)

Social Support predicts better physical health and greater overall life satisfaction. (Social Connections: GoStrengths! Module 9)

Mental Contrasting in combination with goal-setting increases a student’s ability to reach goals. (Goal-Setting: GoStrengths! Module 10)

Active-Constructive Responding or the way one responds to good news is associated with stronger social relationships. (Social Connections: GoStrengths! Module 9)

Happier Students will earn more money over their life, are more likely to get married, have more friendships, be more pro-social, cope better with stress, and live longer! (Happiness Skills: GoStrengths! All Modules)

Find out more about our Social and Emotional Learning Programs!

visit www.GoStrengths.com  email go@gostrengths.com  call 1-800-536-1953