

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)



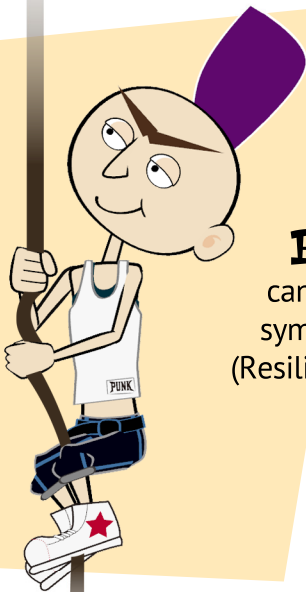
Growth Mindsets

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



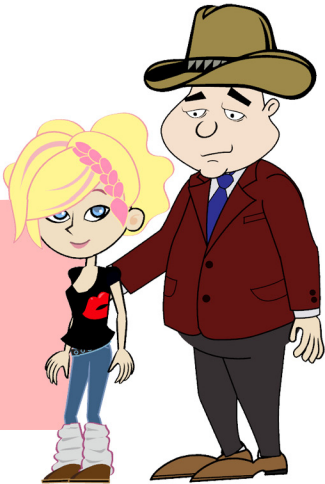
Emotional Regulation

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



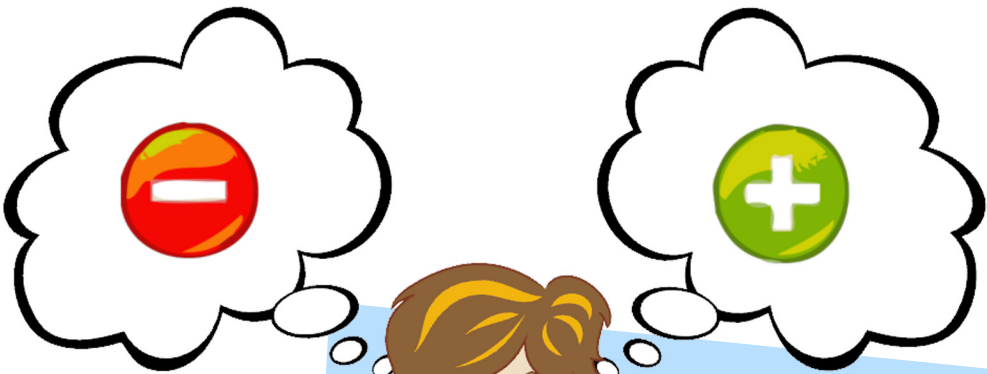
Resilience Skills

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

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