

# THE CENTER FOR TEACHING EXCELLENCE PRESENTS



## FOSTERING WELL-BEING IN THE CLASSROOM: A POSITIVE PSYCHOLOGY APPROACH

MODERATED BY DR. SAAID MENDOZA AND DR. SMARANDA LAWRIE



WEDNESDAY, DECEMBER 4TH  
CTE LOUNGE (FEINSTEIN 304)



12 - 1PM



Join us for a dynamic conversation facilitated by Dr. Lawrie and Dr. Mendoza from the psychology department, who recently published a chapter on incorporating positive psychology into teaching.



Drawing on the work of Martin Seligman, Ph.D., this session will explore how his PERMA model (Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment) can be applied across any course to enhance student well-being and academic engagement.



Research-based strategies and practical examples will be shared, demonstrating how even small adjustments in course design can create a more inclusive and strengths-based learning environment.



Click or Scan!

**REFRESHMENTS WILL BE PROVIDED!**

If you are a person with a disability and require an assistive device, service, or other accommodation to participate, please contact the Central Reservations Coordinator (401-865-2070; M-F 8:30 a.m.-4:30 p.m.) well in advance of this event.