

Welcome to the State of Our Schools

At this session we would like to inform you about PEI (Positive Education Initiative) and provide you with the opportunity to take the surveys related to the topics.

- **VIA Survey**

- Topic: Character Strengths
- Why: Using global research, we identify which personality strengths are most common despite cultural differences. As we learn about ourselves, we discover how to utilize our strengths.
- Survey Link: <http://www.viacharacter.org/www/Character-Strengths-Survey>
- Further information: Check out the 'Let it Ripple' cards next to the computers

- **Positivity Ratio**

- Topic: Positive Emotions
- Why: We want to equip students with strategies that help them increase the positive emotions that they experience and feel.
- Survey Link: <http://www.positivityratio.com/single.php>
- November PEI Schoolwide Presentation for Students:
https://docs.google.com/a/rvilleschools.org/presentation/d/1sDzmbQ-qJTWJt_yUWG7fFKsliTyPkFCcu55mbejWIDA/edit?usp=sharing

- **SCARF Model**

- Topic: Move away from threats and toward rewards
- Why: When people feel threatened, either physically or mentally, their brain reacts similarly, causing critical thinking and memory impairment. We need to stop and recognize these moments so that students can stay focused. Feeling safe and secure enables a student to learn fully and clearly.
 - Status- We have a level of importance in relation to others.
 - Certainty- How we interpret the world so we can predict the future.
 - Autonomy- Stress increases when we feel we have no control & no choice. We like to feel we have a sense of control over events.
 - Relatedness- We desire feelings that we belong, we don't want to be outsiders. There is a sense of safety when we are friends, not foes.
 - Fairness- We feel a danger response in the brain if we believe things aren't fair. We need a chance to achieve equality.
- Survey Link: <http://www.scarfsolutions.com/SelfAssessment.aspx>