

Happiness 2.0: New Ideas from the Science of Well-Being

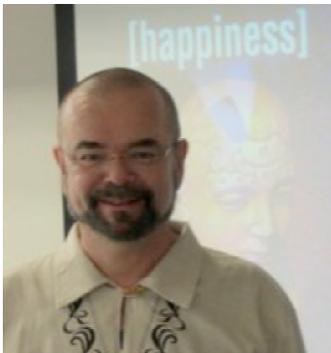
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Plenary Presentation Abstract

Happy students learn more, work harder on tasks, and approach those tasks with enthusiasm – all keys to creating and focusing learner drive. Positive Psychology explores happiness, positive emotion, and those things that allow us to flourish.

In this session, we'll look at some key ideas from positive psychology and brain science, and ways to use them in the classroom via activities with clear language and communication goals. Specifically, we'll look at some of the more recent developments in Positive Psychology and Brain Science. These ideas consider happiness in the greater context of *well-being*. This includes Martin Seligman's PERMA Model (Positive Emotion, Engagement, Relationships, Meaning, Accomplishment), Mihaly Csikszentmihalyi's concept of *Flow*, and Barbara Fredrickson's Positive Emotion "Tipping Point" (it really is a scientific concept, not just a metaphor). We will also consider negative emotions – the uses of stress as well as the dangers of amygdala hijack. We'll connect them to practical, motivating English learning tasks. The session will expand on the ideas from the presenter's earlier workshop, but doesn't assume participants attended that one. A handout identifying ways to connect the ideas to your classroom will be provided.

Biographical Sketch



Marc Helgesen is author of more than 150 professional articles, books, and textbooks, including the *English Firsthand* series (Pearson Education/Longman Asia) and *Practical English Language Teaching (PELT) – Listening* (David Nunan, Ed.; McGraw-Hill) and has been an invited/featured speaker at conferences on five continents. He is a professor at Miyagi Gakuin Women's University, Sendai, Japan, and an adjunct professor at Teachers College, Columbia University, MA Program, in Tokyo. He is particularly interested in connecting Positive Psychology to English language teaching.

He is also interested in extensive reading and materials design. Email: march@mgu.ac.jp