



THE UNIVERSITY OF
MELBOURNE

Positive Education

Positive education .. high quality of life

Yousef Alanazi

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Introduction

With rapid developments, people's lives have become difficult. Therefore, parents work long hours to meet the needs of the family, which has led to a weakness in teaching life skills to their children.

Schools must play an important role, which is to provide students with the skills necessary to deal with life correctly and positively; we need some programs and initiatives that reduce these problems.

In particular, one of the goals of the Education in 2030 Saudi Vision is to raise the quality of life for members of society by providing students with life and social skills.

Research Question

Some our students have difficulty assuming responsibility.

Our schools focus only on Writing, Reading, science maths.

Life skills are not explicitly taught in the early and middle years, and only addressed in high school, very briefly, for one term.

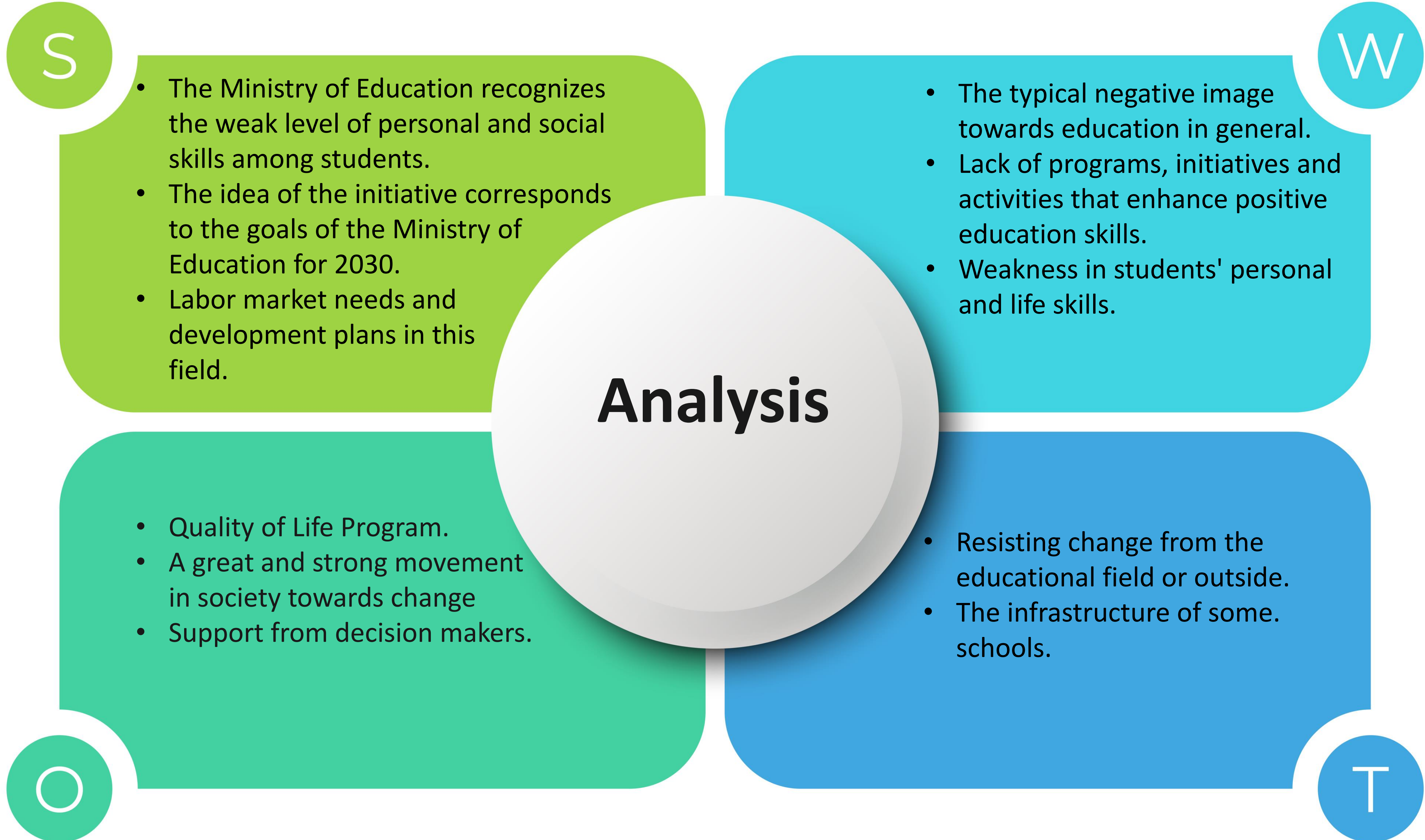
How can school helps students to take more responsibilities and deal with their life positively ?

Objectives

- To help students to deal with their life positively.
- To help students to assume more responsibility.
- To change schools environment to a positive environment.
- To create some activities which give students tools (skills) for life.
- To improve relationships between schools, family and the community.

School Immersion

At APC, students study an hour per week on positive education. Also, several gatherings are held to present some programs and activities related to self-development and skills.



Action



Outcomes

Some studies indicated to benefits of positive education such as

- Increase student learning ability.
- Significant improvement in students' mental health
- Significant increase in levels of growth mindsets, well-being and social relationships.

Reference

- world government summit organizations (The state of positive education - Geelong Grammar) <https://www.worldgovernmentsummit.org>
- Saudi Vision 2030
- Ministry of Education <https://www.moe.gov.sa/en/Pages/vision2030.aspx>

