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Autore	Besso, Chiara
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Altri autori (Persone)	Lupano, Mateeo
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Autore	Suldo Shannon M.
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ISBN	1-4625-2681-0 1-4625-2682-9
Descrizione fisica	1 online resource (xiv, 273 pages)
Collana	Guilford Practical Intervention in the Schools Series
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Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part I: Overview of student happiness -- Background and rationale -- Measuring students' well-being -- Factors associated with youth

subjective well-being -- Part II: Student-focused strategies for promoting youth happiness -- Theoretical framework underpinning design and development of positive psychology interventions -- The well-being promotion program: a selective intervention for adolescents -- Alternative selective and indicated interventions for promoting youth happiness -- Part III: Ecological strategies for promoting youth happiness -- Universal strategies for promoting student happiness -- Family-focused strategies for promoting youth happiness -- Part IV: Professional considerations in promoting happiness across cultures and systems -- Cross-cultural and international considerations -- Integrating positive psychology in multi-tiered system of support.

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### Sommario/riassunto

Grounded in cutting-edge research, this book shows how interventions targeting gratitude, kindness, character strengths, optimistic thinking, hope, and healthy relationships can contribute to improved academic and social outcomes in grades 3-12. It provides a 10-session manual for promoting subjective well-being--complete with vivid case examples--that can be implemented with individuals, small groups, or whole classes. Factors that predict youth happiness are discussed, evidence-based assessment tools presented, and ways to involve teachers and parents described. In a large-size format with lay-flat binding for easy photocopying, the volume includes 40 reproducible handouts and forms. Purchasers get access to a companion website where they can download and print these materials, plus online-only fidelity checklists and parent and teacher notes.

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