



Positive Psychology Character Strengths Monthly Awareness Campaigns



For the 2017-2018 school year, character strengths were selected from the 24 Signature Character Strengths based on scientific research from the Values in Action (VIA) Institute. Please visit www.viacharacter.org to view and download VIA Character Strength charts. Ten strengths were selected (one per month) of the 24 character strengths for this school year. These strengths also incorporate the 9 research based character strengths from the Character Lab. You may view these strengths and download posters of each of these strengths at www.characterlab.org.

Monthly Character Strengths

September – Curiosity

- Interest, exploration and discovery

October – Growth Mindset/Love of Learning

- Developing new skills and knowledge

November – Gratitude

- Noticing good things and expressing appreciation

December – Social/Emotional Intelligence

- Understanding your feelings and the feelings of others and using feelings to inform decisions and actions

January – Self-Control/Self-Regulation

- Demonstrating discipline and controlling your responses to meet short-term and long-term goals

February – Purpose

- Motivation towards a future goal or something larger than yourself

March – Grit/Perseverance

- A commitment to your goals, even when you experience failure

April – Fairness

- Treating all people equally without bias

May – Optimism/Hope

- Being hopeful about the future and working to improve your future

June – Zest

- Showing enthusiasm, excitement and energy