Infusing character strengths into education dates back to Socrates, who formalized the idea of educating the whole person. Educators such as David Levin (KIPP charter schools) and Dominic Randolph (Riverdale Country School) revived this ancient idea and infused their curricula with opportunities to develop character. In collaboration with psychological scientists Angela Duckworth, Chris Peterson, and Martin Seligman, they identified seven character strengths essential to student success.

We developed a course designed to cultivate these character strengths and offered it to some academically at-risk CCSU students. On average, they improved their semester GPA by 0.6 points, nearly two-thirds of a letter grade. Imagine the possibilities when we nurture these strengths through our pedagogy and mentorship!

In this LCG, we will examine our own character strengths and identify those we hope our students value. We will share cutting-edge research demonstrating the positive effects of leveraging character strengths. We will explore practical and authentic ways to grow character in college students. And we will discuss how integrating character strength development in your practice enriches your life.

Contact Marianne Fallon at fallonmar@ccsu.edu to join.

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