

Optimistic Thinking Summary

A child's attitude of confidence, hopefulness, and positive thinking regarding themselves and their life situations in the past, present, and future.

How the DESSA Measures Optimistic Thinking

DESSA K-8	DESSA-HSE
<ul style="list-style-type: none"> 2. carry herself/himself with confidence? 5. say good things about herself/himself? 7. speak about positive things? 10. look forward to classes or activities at school? 16. say good things about his/her classmates? 30. say good things about the future? 36. express high expectations for himself/herself? 	<ul style="list-style-type: none"> 4. speak about positive things? 5. look forward to classes or activities at school? 9. say good things about his/her classmates? 20. express high expectations for himself/herself?

<p>Aspects of Optimistic Thinking</p>	<ul style="list-style-type: none"> • <i>Confidence in yourself</i> DESSA K-8 Items: 2, 5, 36 DESSA-HSE Items: 20 • <i>Hopefulness for the future</i> DESSA K-8 Items: 10, 30 DESSA-HSE Items: 5 • <i>Positive thinking regarding your life situations</i> DESSA K-8 Items: 7, 16 DESSA-HSE Items: 4, 9
<p>Developing Optimistic Thinking</p>	<ul style="list-style-type: none"> • Adults can support the development of Optimistic Thinking by helping children become aware of their positive attributes and strengths. Reinforcing these skills and characteristics when observed is also important. • Provide opportunities for children to notice and appreciate the strengths of others and the positive events in their lives. • Similarly, adults can cultivate a sense of gratitude in children by providing opportunities for reflection and modeling their own gratitude.

	<ul style="list-style-type: none"> • Foster a growth mindset in children that reflects a belief that their skills, abilities, and academic performance can be developed through continued effort and learning. One way to do this is by providing specific praise related to effort and the learning process.
<p>Benefits of Optimistic Thinking</p>	<p>Optimistic Thinking skills at home can...</p> <ul style="list-style-type: none"> • Contribute to a more positive home environment. • Encourage participation in extracurricular activities. • Lead to behaviors that help children reach their future goals, such as doing homework or taking on advanced courses or a part-time job. <p>Optimistic Thinking skills at school or out-of-school time programs can...</p> <ul style="list-style-type: none"> • Create a classroom or group environment that is more positive and engaged. • Lead to better relationships with peers and educators. • Encourage students to be more planful and hopeful about their futures, leading them to engage in more productive behaviors. <p>Optimistic Thinking skills can lead to a future of...</p> <ul style="list-style-type: none"> • Happier adults. • Adults who are better able to cope with challenges or setbacks. • Better academic and career success.

For more detailed information about Optimistic Thinking, please see the full competency guide found in the DESSA Comprehensive SEL System.