



POSITIVE

GV



Kaisa Vuorinen, 09502019

CEO & Founder, Positive CV Finland

Special class teacher

PhD-researcher, University of Helsinki

COMPASSION

CREATIVITY

BRAVERY

GRIT

ZEST



Kaisa Vuorinen, 09502019



Kaisa Vuorinen, 09502019

What's Right with You: Helping Students Find and Use Their Personal Strengths



Kaisa Vuorinen, 09502019

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THEORY OF CHANGE AND SOLUTION:

All children benefit from learning *how to excel*.

- None of us develops into our best solely by having our weaknesses corrected.
- Concentrating on what is *positive*, on what works, requires a change in our way of thinking and a new pedagogical method.

H,
my name is Character crow
and I focus on the positives!
What is this all about?







Have a sunny
day!

I wish you
happy
thoughts!

I want to
give you
kisses!

Thank you for
being there
for me!

You look
really kind
person!

You are
cute!

I want to give
you a hug!

You must be
really brave!

You look
beautiful!

© Kaisa Vuorinen
You look like a
happy person!

I want to give
you a lot of
positive
thoughts!

I wish you a
Happy day!

Kitee,
Hutsin
eskarit,
2018.



What soft skills do you think you will need mostly today?

Clarity
Confidence
Respect
Empathy
Listening
Verbal communication
Non-verbal communication
Written communication
Constructive feedback
Friendliness
Creativity
Interest

Delegation
Listening
Active listening
Collaboration
Cooperation
Coordination
Idea exchange
Mediation
Negotiating

Self-management
Decision-making
Calmness
Optimism
Open-mindedness
Analysis
Self-confidence
Organization
Self-motivation



What soft skills do you think students will need mostly in the future?

Clarity
Confidence
Respect
Empathy
Listening
Verbal communication
Non-verbal communication
Written communication
Constructive feedback
Friendliness
Creativity
Interest

Perseverance
Critical thinking
Compassion
Humor
Resilience
Motivation
Courage
Question asking
Reliability
Self-control
Collaboration
Communication

Delegation
Listening
Active listening
Collaboration
Cooperation
Coordination
Idea exchange
Mediation
Negotiating

Self-management
Decision-making
Calmness
Optimism
Open-mindedness
Analysis
Self-confidence
Organization
Self-motivation



Future curriculum

Problem solving			Self-control	
	Creativity			
		Compassion		Perseverance
Social skills			Teamwork	





Positive CV

- The learning of 21st century skills is assessed through PCV service and used to produce the students' "Positive CV" which documents their soft skills and character strengths alongside traditional academic report cards.
- The digital PCV service provides teachers with training and materials to easily apply our pedagogical method in any classroom embedded in the normal curriculum.

Coach teachers



Engage & assess thru joy



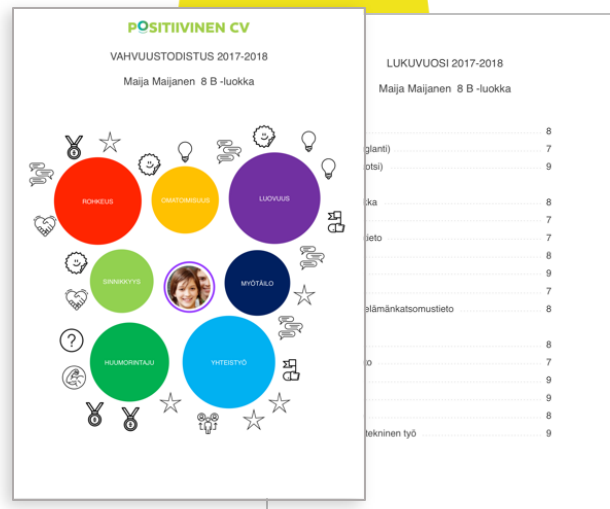
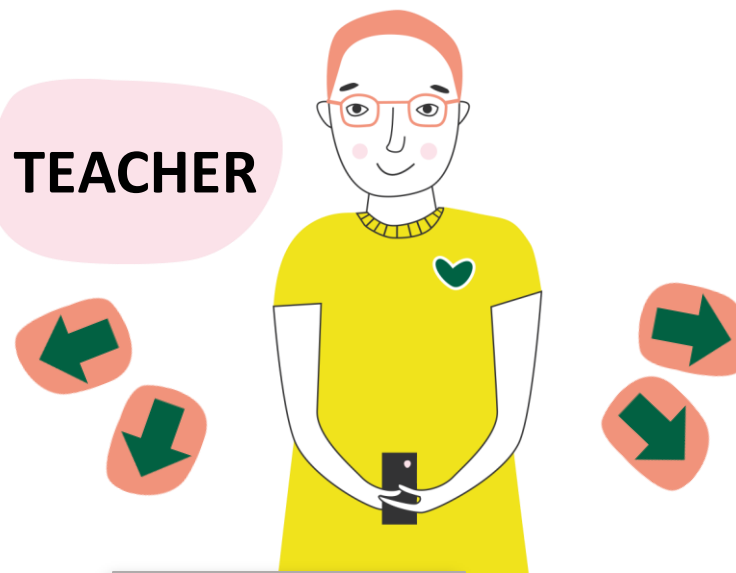
Global community of co-creators



an essential day to day tool for teachers and schools

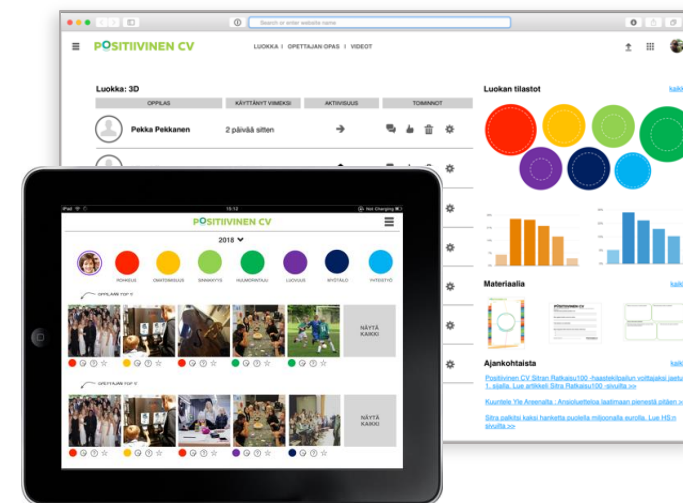


Pedagogical materials based on academic research and years of practice



Positive CV expands annual report cards to 21st century skills

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Tools and reporting for teachers, school and district administrators that enable analysis and management

NONCOGNITIVE SKILLS

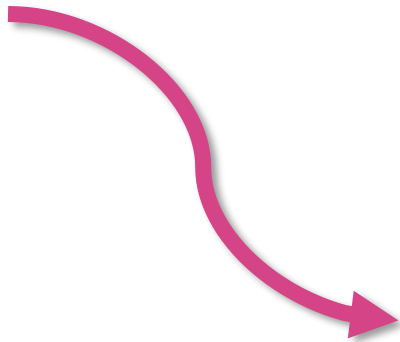
Heckman & Rubinstein, 2001:



It is common knowledge outside of academic journals that **motivation, tenacity, trustworthiness, and perseverance** are **important traits for success in life.**

It is thus surprising that academic discussions of skill and skill formation almost exclusively focus on measures of cognitive ability and ignore noncognitive skills.

Positivity opens us (Fredrickson, 2001; 2004; 2018)



A close-up photograph showing a person's hand holding a small, rectangular white piece of paper. The paper has the handwritten text "I can't do it" in black ink. A pair of blue-handled scissors is positioned to cut the paper diagonally, separating the words "I can't" from "do it". The background is a blurred, light-colored surface.

I can't
do it

Positivity Seeds Human Flourishing

Positivity Transforms Us



The BUILD Effect

- Over time, positive emotions prompt growth in personal and social resources that increases well-being.



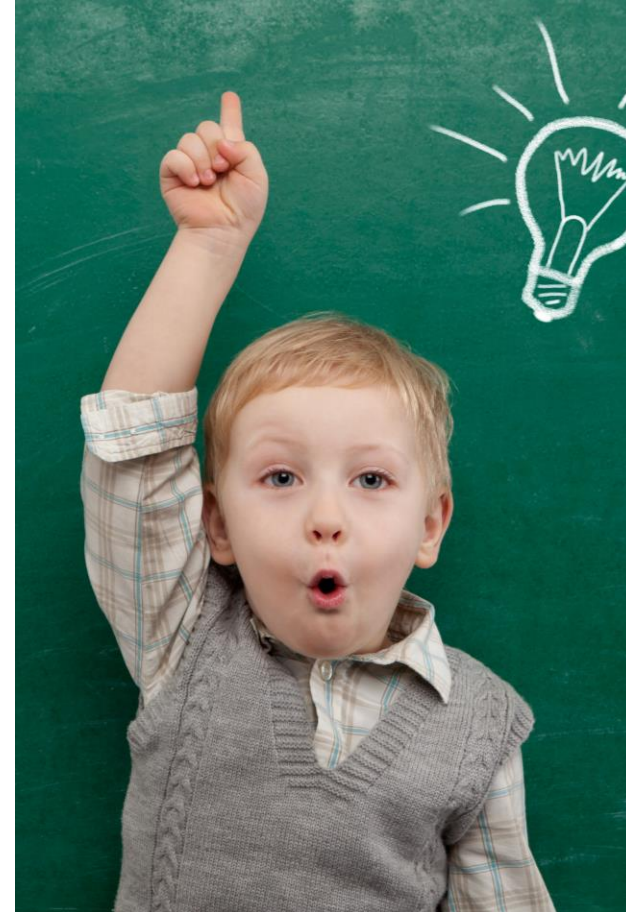


POSITIVE EDUCATION

Applies PERMA theory to enhance optimal functioning and well-being of the whole school and daycare community.

- To reduce stress, anxiety and mental illness in children, teachers and parents.
- To increase life satisfaction & success
- To support better learning, creative thinking and academic achievement
- To create virtuous citizens and society

- **WELL-BEING
PROMOTES
LEARNING**
- **HAPPY
CHILDREN
LEARN BEST**



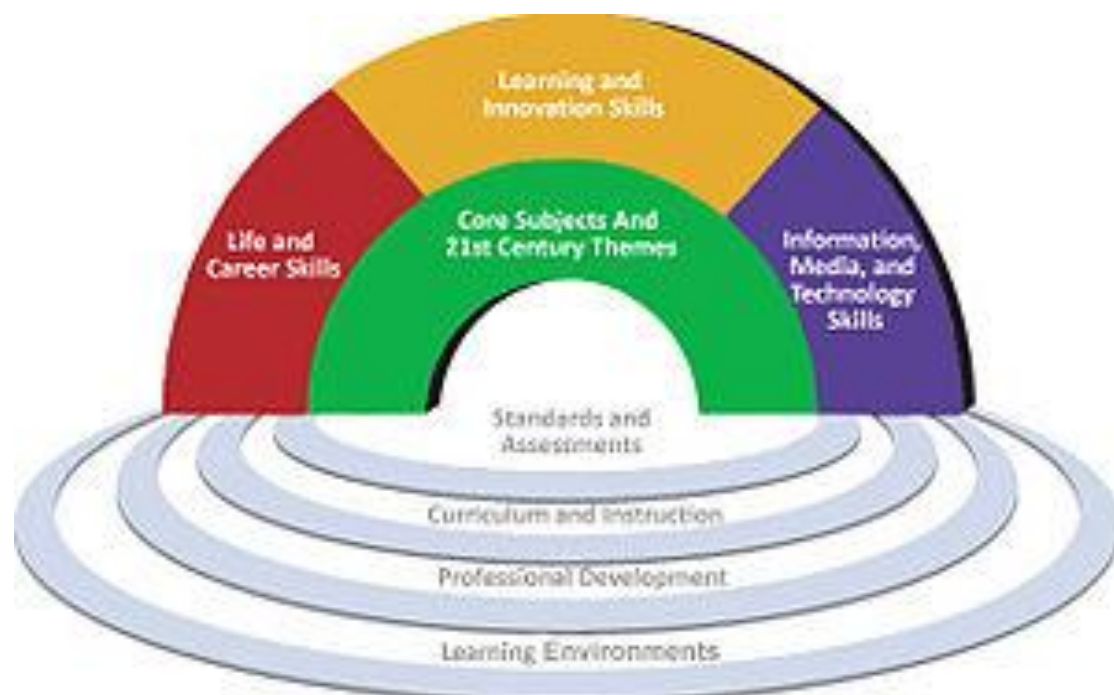
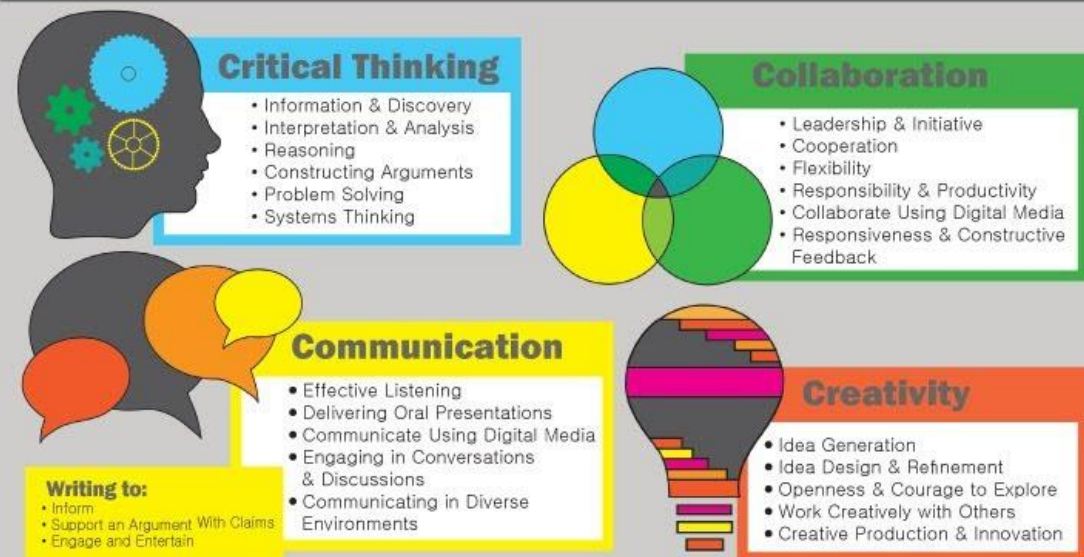


Figure 1 - P21 Framework for 21st Century Learning

21st Century Skills

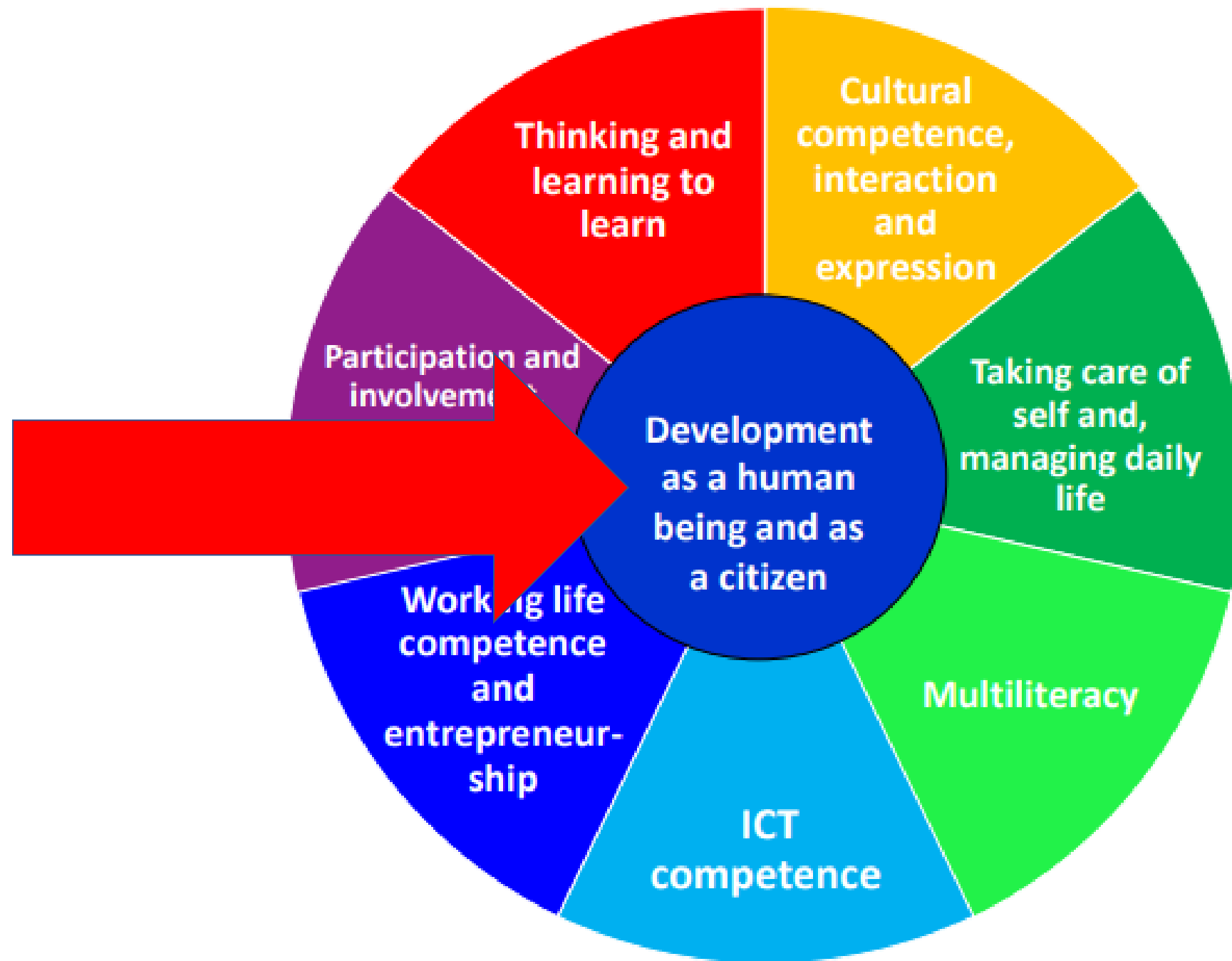
Metro 4Cs Rubric Performance Areas



Rethinking competences

National Goals for Basic Education and Transversal Competences

- knowledge
- skills
- values
- attitudes
- will





JOONA

MY POSITIVE CV

ZEST

CREATIVITY

COURAGE

KINDNESS

LOVE OF LEARNING



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oot tosi kiltti ja luova!
 Oot sinnikäs ja hyvä ystävä!

Oot super hyper reilu,
 luotettava ja huolellinen
 ♥♥

Oot ahkera ja luotettava.
 Teet kaiken tosi huolel-
 lisesti!

Olet tosi sinnikäs ja
 reilu kaveri.

Olet kaunis ja
 Luova ♥

oot ystävällinen

MINÄ ITSE

Luulia

reipas

Sinnikäs

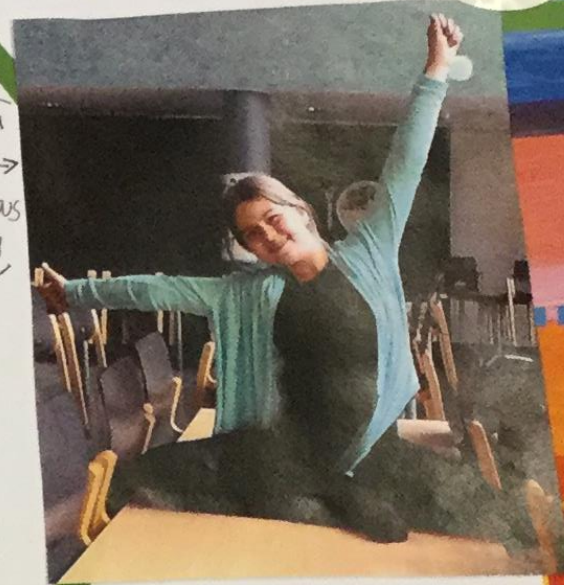
Koulu-
 Projek-
 teista
 huoleh-
 tiva.



Koulussa mm. innostus,
 orat mm. rohkeus ja
 otlaminen, johtajuus.
 Ti. Hanna-gre



Vuonna
 2016 →
 vahvuus
 kuva



Olit
 Piehenä
 energinen,
 villkas, reipas
 liikkuvainen ja
 sinnikäs

-Katri 2016

Vuonna 2007
 Jenteissä →

Moleilla vuonna
 2017

iloinen

innoissani
 koulusta



Vuonna 2017
 ← Vahvuuskuva

"oot hyvä ja jos sä
 et onnistu elällä kerralla
 sä yrität uudestaan kunnes
 sä onnistut"
 -Ballettikaveri

POSITIVE CV

"Meidän perheessä parasta
 on lomamatkat"
 -pikkureli 6v

"Sinun vahvuuksia
 on 1. Sinnikkyys 2. järjes-
 tämätöisyys 3. Innokkuus"

"yrität etkä löysäile"
 -Katri, Ballettikaveri



- Pay attention to what works well



Document the golden moments



STRENGTHS

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WHAT DEFINES A STRENGTH?



Performance

You do it well

Energy

You enjoy
doing it

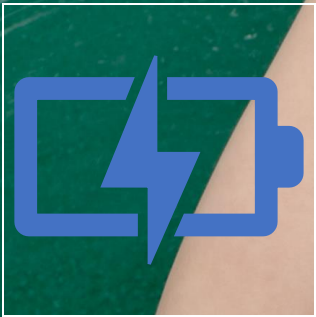
Use

You
demonstrate
using the
strength
often

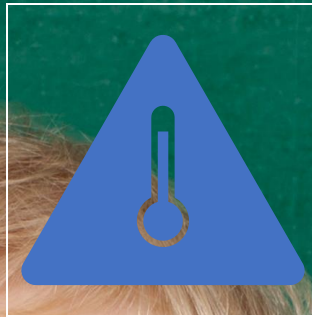
Inside or
outside work

“Each person`s greatest room for growth is in his or her areas of greatest strenghts.”





Energy



High use



Performance

Character Strengths (Brdar and Kashdan 2010)

Character strengths as properties that

- feel like 'yourself'
- you are internally motivated to use.

It is these character strengths that come into play when we are in *a flow state*, that is, *completely immersed in what we are doing and everything simply flows with uninterrupted concentration.*










Character strengths differ from talents

- strengths can be developed and are morally valued

in their own right, whereas

- talents are inherent and valued for the tangible outcomes they may produce (Peterson & Seligman, 2004).
- 
- 
- 
- 
- 



Talents

A white puzzle piece with a black outline, tilted slightly to the right. It has a tab on the left side and a blank space for text. Decorative elements include a pink speech bubble at the top left, a blue 'X' on the left, and a green square at the bottom left.



Skills

A white puzzle piece with a black outline, tilted slightly to the left. It has a tab on the right side and a blank space for text. Decorative elements include a pink speech bubble at the top left, a blue 'X' on the left, and a green square at the bottom left.



**Character
strengths**

A large, solid black puzzle piece with a white outline, centered in the image. It has a tab on the left side and a blank space for text. The text 'Character strengths' is written in purple.



Interests

A white puzzle piece with a black outline, tilted slightly to the right. It has a tab on the left side and a blank space for text. Decorative elements include a yellow speech bubble at the top right, a blue 'X' on the right, and a green square at the bottom right.



Resources

A white puzzle piece with a black outline, tilted slightly to the left. It has a tab on the right side and a blank space for text. Decorative elements include a pink speech bubble at the top right, a blue 'X' on the right, and a green square at the bottom right.

A common language of strengths

The VIA- classification is a "common language" of personality traits that:

- Reflect our personal IDENTITY
- Produce positive OUTCOMES for ourselves and others (e.g. being well-being, positive relationships, achievement)
- Contribute to the COLLECTIVE GOOD



CREATIVITY

Perspective

HUMILITY

Judgment

COMPASSION

CURIOSITY

HONESTY

Bravery

Fairness

HUMOR

SISU

Perseverance

ZEST

KINDNESS

And your own?
What is missing here?

Teamwork

Spirituality

FORGIVENESS

Love of Learning

Leadership

HOPE

Prudence

Appreciation of Beauty & Excellence

LOVE

SELF-REGULATION

Gratitude

SOCIAL INTELLIGENCE

THANK YOU!



Kaisa@positiivinencv.fi