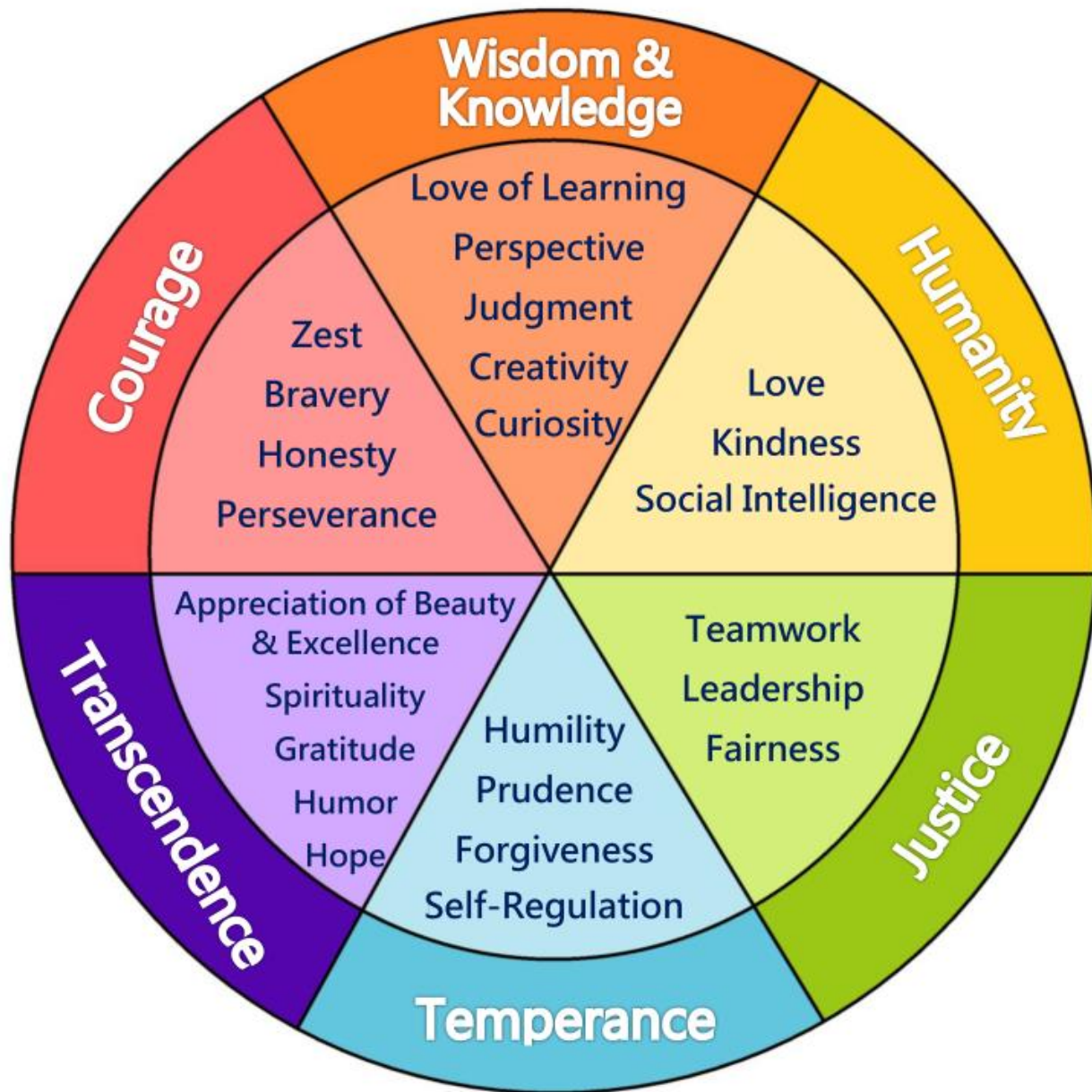


# Reactivating Students' Zest for Learning



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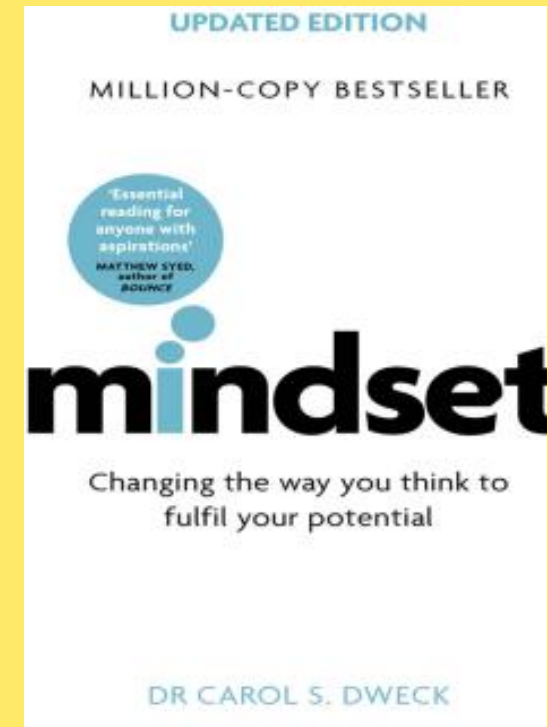
# ***Character Strengths by Peterson and Seligman, 2004***



# Growth Mindset Embodiment for Teachers/Managers

- Zest for teaching and learning
- An openness to giving and receiving feedback
- An ability to confront and surmount obstacles.

Dr Carol S. Dweck



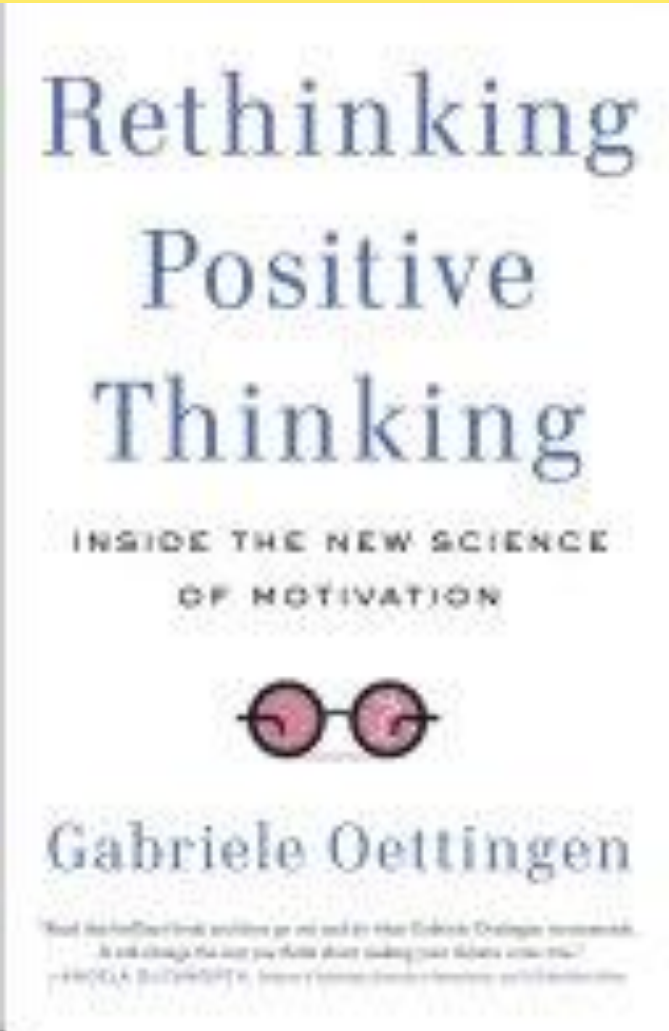
**Positive Psychology is NOT ONLY  
about thinking positively BUT ALSO  
about accepting/facing the negative**





# *Mental Contrasting*

- Wish
- Outcome
- Obstacle
- Plan





**Overcome obstacles  
leading to zest**



**Maximize our innate  
zest for learning**





Imagine...







- **Non Permanent Natural States**







# The Rollercoaster of Knowledge







# The Rollercoaster of Knowledge



1. It's very natural
2. There might be several roller coasters rolling at once
3. It's very personal







# The Rollercoaster of Knowledge

## REASONS WHY THE ROLLER COASTER IS HAPPENING

1. Lack of understanding
2. Negative emotions
3. Fatigue
4. Information overload and not enough time for recycling
5. Competition for attention

”



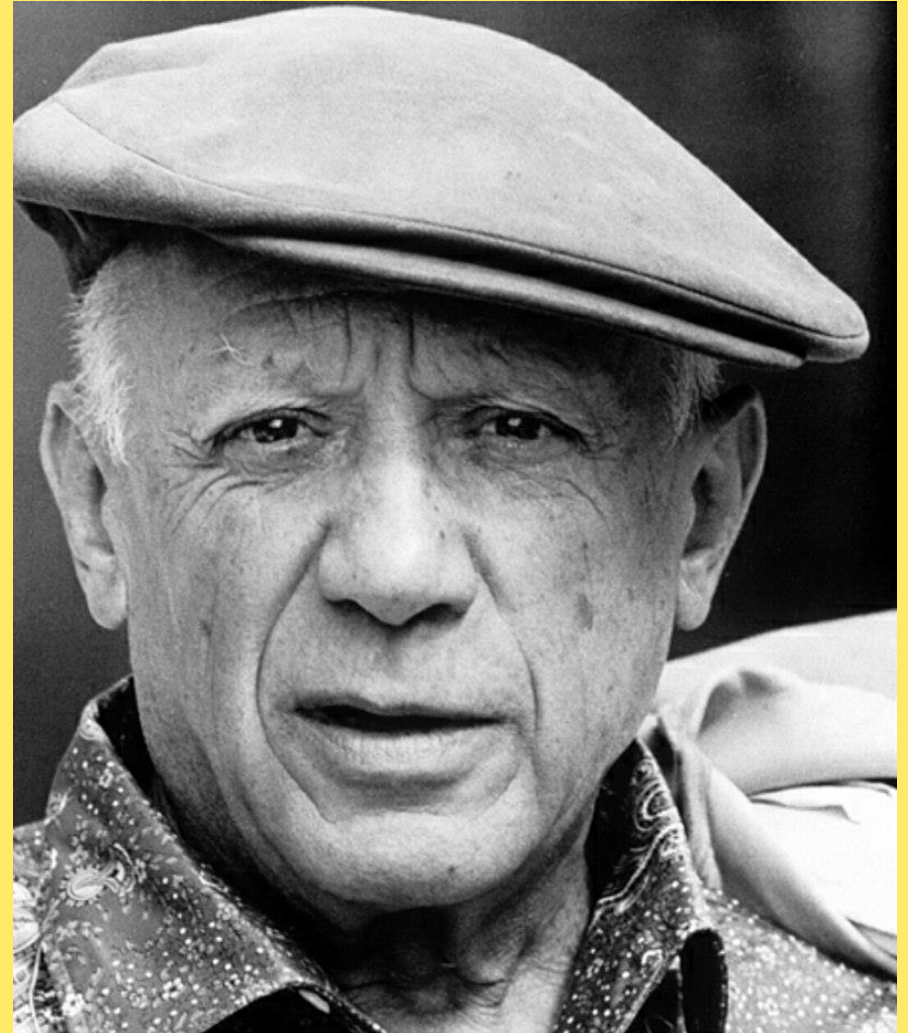
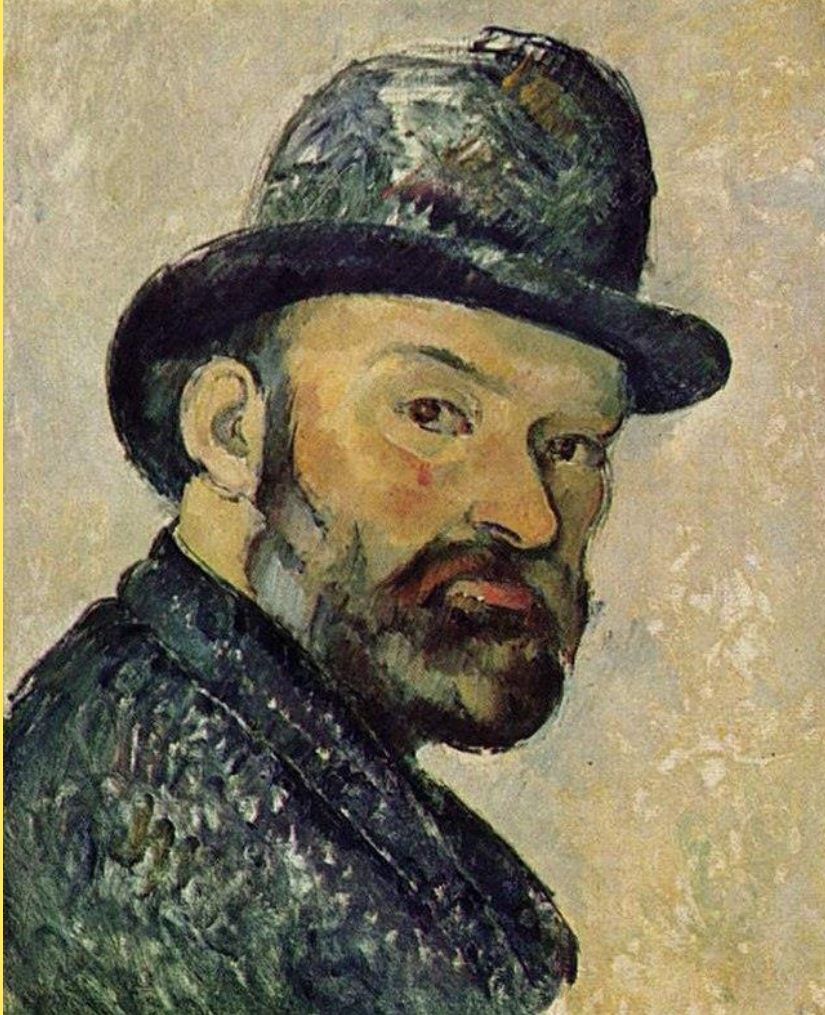


**Make your students aware  
and  
encourage them to ride  
on their own roller coaster**





# Are you a Cezanne or a Picasso ?





- Conceptual Innovators
- Vs
- Experimental Innovators

"[A] really wonderful book."  
—MALCOLM GLADWELL,  
author of *Blink*

D a v i d W . G a l e n s o n

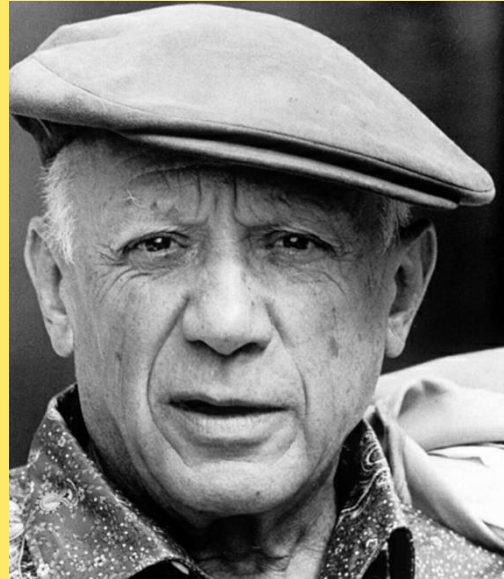
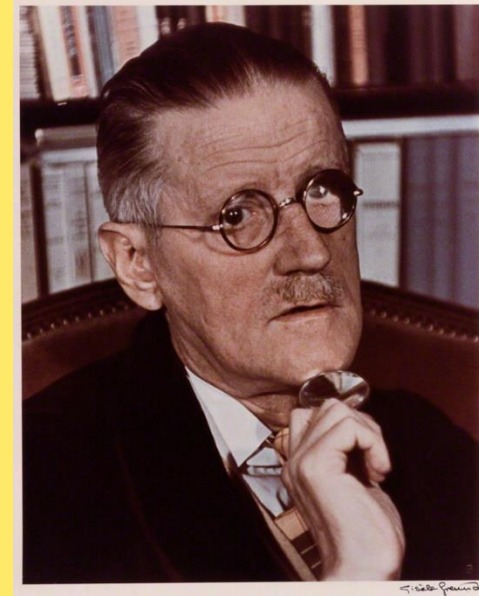
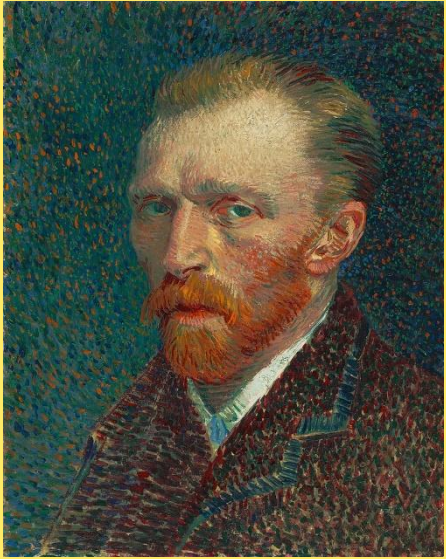
**OLD MASTERS**

and

**YOUNG GENIUSES**

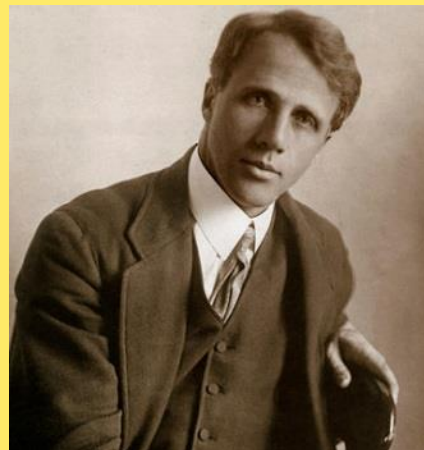
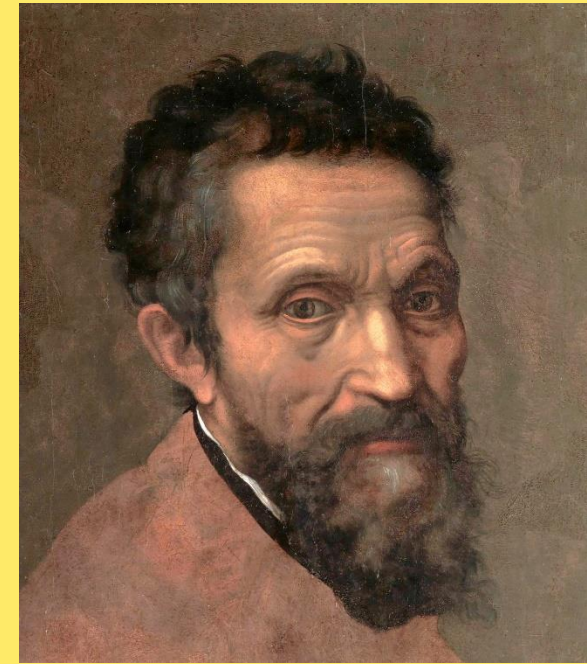
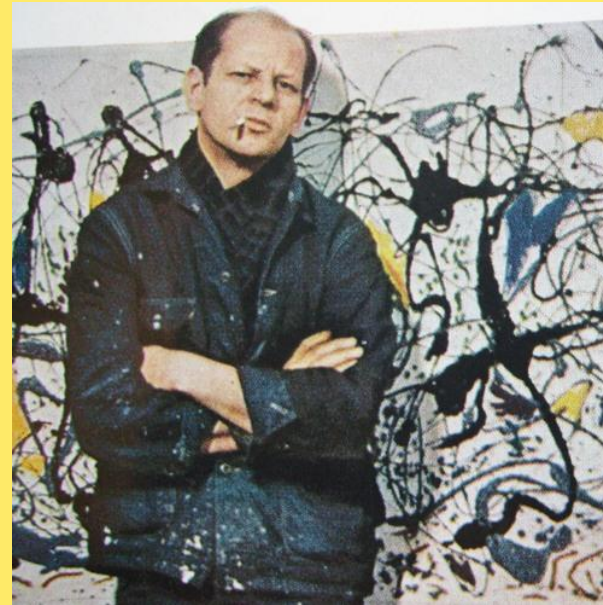
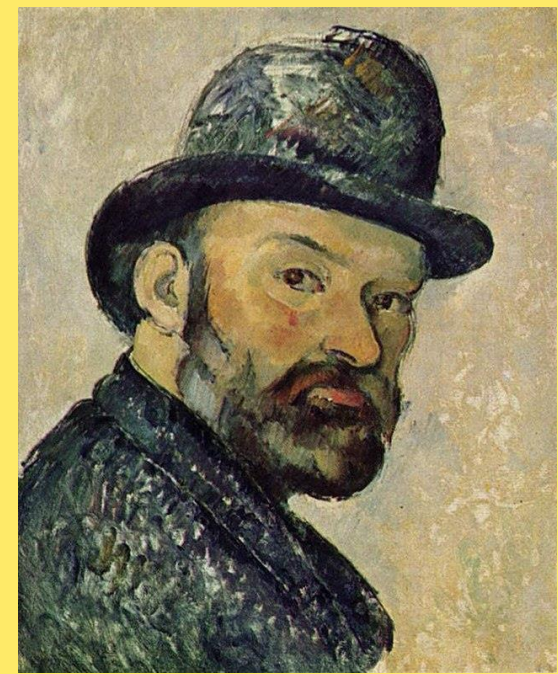
The Two Life Cycles of Artistic Creativity

# Conceptual Innovators



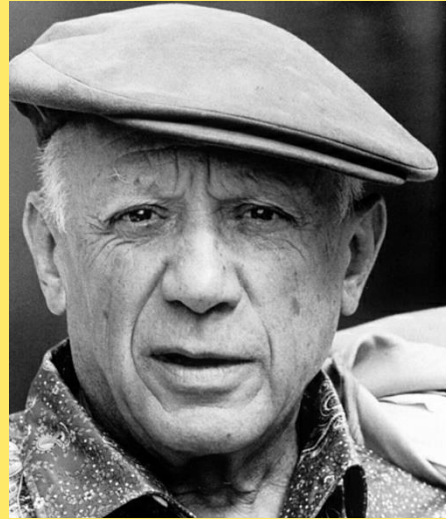


# Experimental Innovators





# Are you a Cezanne or a Picasso?



This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

**No matter if you the one or the other you are simply AWESOME!**

**The Dominant Ethic  
of the Last 200 Years**

**More + Bigger**

**+ Faster =**

**Better**



Tony Schwarz  
The Energy Project



# What about Students' and Teachers' Energy?

1. More qualifications
2. Packed curriculums
3. Excessive testing
4. Fast tracked “intensive”  
courses



# Time Gluttony

## Bryan Robinson, Ph.D.

“

**We are facing a personal energy crisis. We need to manage our energy rather than our time.”**

- 24 hours in a day
- 168 hours in a week
- 8736 hours in a year



**Tony Schwarz**  
The Energy Project





**We are not created  
to work  
like computers!**





# There are 4 sources of energy in the human system

- 📈 Physical
- 🌀 Spiritual
- ❤ Emotional
- 🧠 Mental



# PERIODIZATION

## Managing the work rest ratios

You cannot have zest  
without energy!



**Learners are sometimes stopped not only by their errors but also by their fear of making them.**

**(Beebe and Seliger 1983)**

**“You grow up the day you have your first  
real laugh-at yourself”**

**Ethel Barrymore (1879-1959)  
American actress**





# Valiu yior mistakes (Value your mistakes)

**01** Change the meaning of mistakes

**02** Laugh at your mistakes

**03** Make small mistakes on purpose

**04** The myth of complete sentences



## Big Memory Tank

In a rich, shared context, we mention only the essential words needed to exchange messages

Linguists estimate that of everyday native speech, more than 50% is just fragments, pieces of sentences

## Small Memory Tank

**Bang! Overload! Our short term memory explodes. We just can't hold it long enough to put it in the long term memory**







**When you remember you become efficient.**



**When you are efficient you, feel confident**



**Confidence generates ZEST**



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## Remember your memory

- Reformulate and recycle frequently
- Add novelty
- Spark your episodic memory. Tell it like a story
- Personalize your content
- Make your lesson meaningful
- Fun is a subjective notion





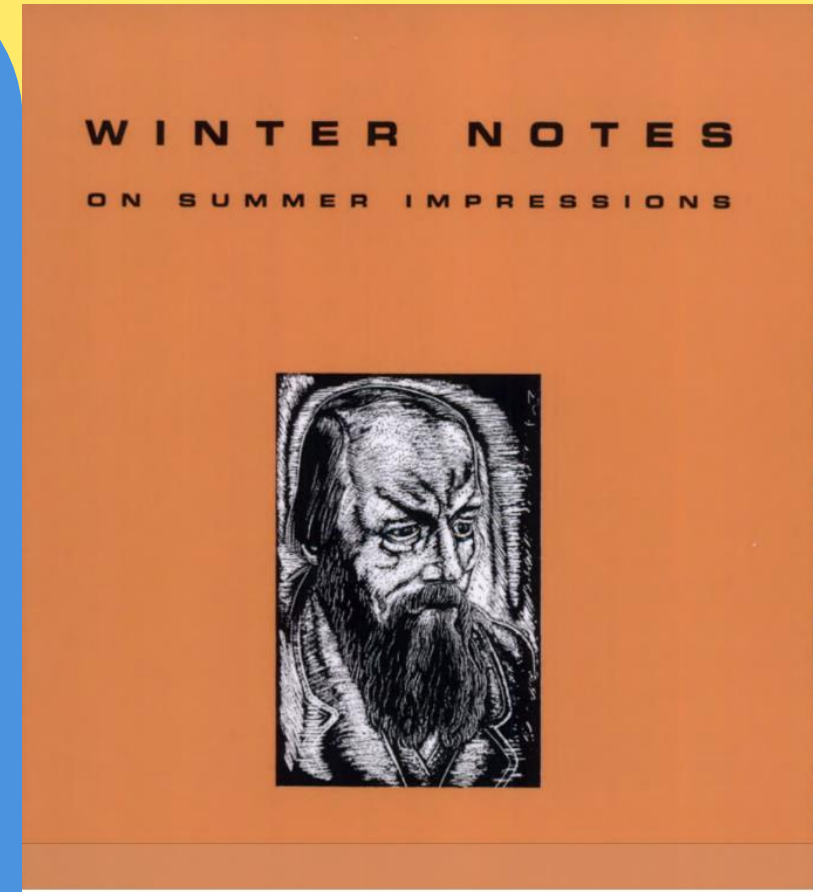


**"Try to pose for yourself this task:  
not to think of a polar bear, and  
you will see that the cursed thing  
will come to mind every minute."**

Fyodor  
Dostoyevsky  
1863



**Express Publishing**





Daniel Wegner

# Intentional operating process VS Ironic monitoring process



**Express Publishing**

**When the Antidote is the Poison: Ironic Mental Control Processes**

[Daniel M. Wegner](#)

**First Published May 1, 1997 Research Article**

<https://doi.org/10.1111/j.1467-9280.1997.tb00399.x>





# THE VELCRO EFFECT

A build-in negativity  
bias



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# HARDWIRING HAPPINESS



How to reshape  
your brain and your life

**'A book to savour, to practise,  
and take to heart'**  
Prof Mark Williams,  
author of *Mindfulness*

**RICK HANSON**



**Block the  
“Junk Thoughts”  
before they block you!**

**BLOCK YOUR  
ZEST’S  
KILLERS!!**





1. Over generalizing
2. Catastrophizing / Awfulizing  
(Borysenko, 1987)
3. Copping out
4. Demanding

Jill Anderson, (1981) *Thinking, Changing, Rearranging*



# False Beliefs



“I’m shy”

“Everybody else is better” + “I want to be perfect”  
= Discouragement

“I’m not top dog any more”







**Group Dynamics  
can eliminate  
false beliefs**



# The SPURRing MODEL

By Tim Murphey

**S**pecific

**P**ersonal

**U**se it

**R**epeat

**R**ecycle



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**Take or Retake Control  
of your own learning!**

**Be a proactive  
student!**



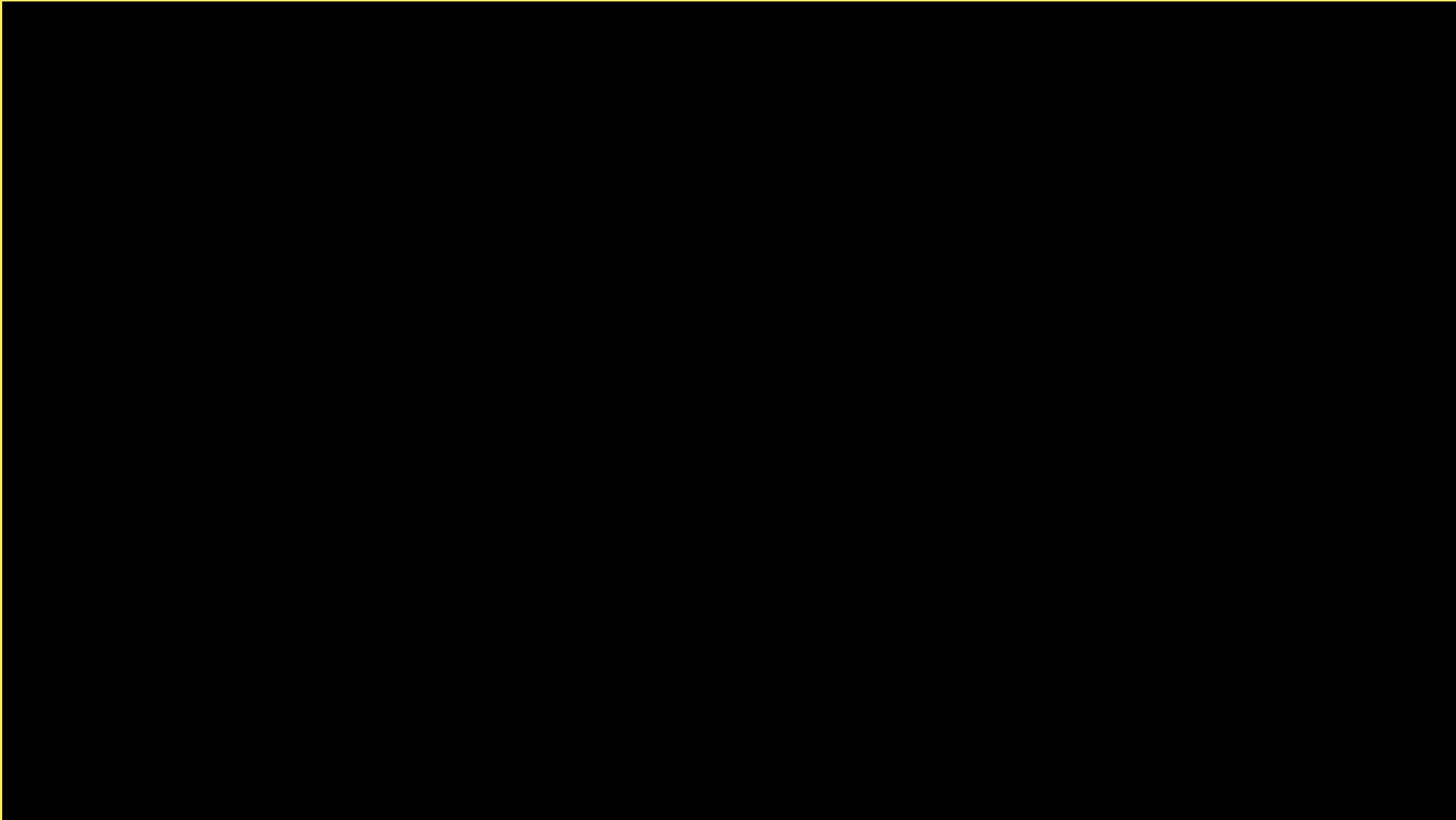
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“We are all natural learning machines

Tim Murphey







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# Thank You!



**George Kokolas**

**Positive Educator  
International Speaker  
ELT Specialist  
Teacher Trainer**

