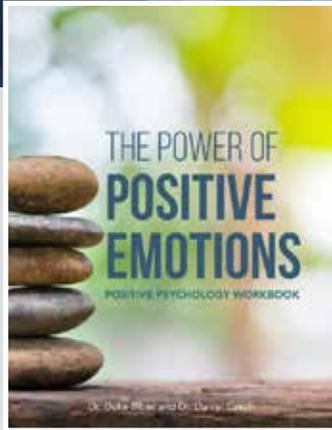


Modern, adaptable digital courseware,
built for every stage of learning.



THE POWER OF POSITIVE EMOTIONS

Positive Psychology Workbook

AUTHORS:

Dr. Duke Biber
Dr. Daniel Czech

The Power Of Positive Emotions is a positive psychology workbook designed to instill emotional awareness while cultivating positive emotional expression.

Authors Dr. Duke Biber and Dr. Daniel Czech discuss a wide variety of positive emotions, as well as potential benefits from emotional expression. Techniques to become aware of and activate such expressions are introduced, as well as how these emotions relate to the Broaden and Build Model.

PLATFORM BENEFITS

Proficiencyce replaces static textbooks with **interactive, analytics-enabled courseware** that adapts to today's classrooms.

Each course is built to reduce instructor workload, enhance student engagement, and provide administrators with meaningful insights—all while fitting seamlessly into your LMS.

- ▶ **Seamless LMS integration** with single sign-on
- ▶ **Flexible, customizable** modules and activities
- ▶ **Accessible, responsive design** for every learner
- ▶ **Dedicated support** for both instructors and students

A Positive Way to Think, Feel, and Live

- ▶ Broaden and Build Model
- ▶ Emotional Intelligence

Growth Mindset

- ▶ Benefits of, Measuring, and Practicing a Growth Mindset

Grit

- ▶ Benefits of, Measuring, and Practicing Grit

Mindfulness

- ▶ Benefits of, Measuring, and Practicing Mindfulness

Self-Compassion

- ▶ Benefits of, Measuring, and Practicing Self-Compassion

Optimism

- ▶ Benefits of, Measuring, and Practicing Optimism

Gratitude

- ▶ Benefits of, Measuring, and Practicing Gratitude

Spirituality

- ▶ Benefits of, Measuring, and Practicing Spirituality

Joy

- ▶ Benefits of, Measuring, Expressing and Practicing Joy

Authentic Pride

- ▶ Benefits of, and Measuring Authentic Pride

INCLUDED ESSENTIALS

Every Proficiency course is designed with tools that make teaching more effective and learning more engaging:

Integrated Assessments

Built-in quizzes and checkpoints that give students instant feedback while helping you track progress

Instructor Dashboard

Clear, real-time insights to spot at-risk learners early and guide them toward success.

Customizable Modules

Flexible content you can adapt to fit your syllabus and teaching style.

Lecture Slides & Notes

Professionally designed, ready-to-use resources that save preparation time.

Assignments & Activities

Group work, projects, and discussions that build deeper understanding



FOR INSTRUCTORS

- ▶ **Active Learning, Made Practical:** Evidence-based strategies that help you foster student success.
- ▶ **Ready to Teach:** Pre-built modules that you can use as-is or customize to fit your course.
- ▶ **Efficiency Where It Counts:** Automated grading and simple section management save valuable time.
- ▶ **Real-Time Visibility:** Intuitive dashboards highlight student progress and identify those who may need extra support.
- ▶ **A Full Teaching Toolkit:** Access presentations, quiz banks, and interactive chapters in one place.



FOR LEARNERS

- ▶ **Engaging by Design:** Interactive, straightforward activities that keep students involved.
- ▶ **Transparent Guidance:** Clear deadlines, grading points, and reminders to help learners stay on track.
- ▶ **Support Built In:** Help is always available, right when students need it.

**TAKE THE
NEXT STEP**

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