

HASPTM FOR SCHOOLS, COLLEGES & UNIVERSITIES

EDUCATION HAPPINESS & STRENGTHS PROFILE

JOYGYM APPLIED POSITIVE PSYCHOLOGY

HASP EDUCATION FACTSHEET V2/2011. HASP ASSESSMENTS AND REPORTS ARE PROVIDED BY JOYGYM HAPPIMETRICS USA WITH CONSULTING BY JOYGYM SOUTH AFRICA

Help each child to flourish and become their most authentic and successful self

HASP is a unique program to maximize student growth, development and wellbeing.

It combines the latest developments in STRENGTHS PROFILING and ENHANCEMENT, and state of the art HAPPINESS PROFILING to monitor mental and emotional wellbeing.

1. Strengths profiling and enhancement

Human strengths and abilities are often hidden deep under the surface - they are not always apparent. You may need to dig deep to discover them, and in some sad cases, they may remain hidden for life.

HASP simplifies this process by using leading edge positive psychology screening to identify each student's natural strengths and talents.

Knowing their strengths and talents provides a solid foundation for personal development and flourishing.

HASP STRENGTHS profiling enables you to:

- Identify each student's unique strengths
- Help each student develop their natural patterns of thought, talent, feeling, and behavior and apply them to activities within and outside of school
- Make an even more positive impact on each student's life
- Maximize each student's achievement
- Better match each student to developmental experiences that can foster leaps in growth

HASP EDUCATION STRENGTHS profiling includes:

- Annual strengths profiling of each student
- Individual student report, strengths development workbook, and strengths card
- Free EBOOK (Grades 10+ only)
- Parent strengths manuals
- Group presentations on strengths
- Teachers receive reports and strengths cards for each student
- Teachers receive training in strength development with a workshop each term
- Teacher mentoring, and backstopping

RESEARCH: People who identify, exercise and build their strengths

1. Are happier
2. Are more confident
3. Have higher levels of energy and vitality
4. Experience less stress
5. Have higher levels of self-esteem
6. Are more resilient
7. Are more likely to achieve their goals
8. Perform better
9. Are more engaged
10. Are more effective at developing and growing as individuals

2. Happiness profiling

Regular mental and emotional health monitoring is important in ensuring maximum performance and optimal development.

HASP EDUCATION HAPPINESS profiling includes:

- Assessments each term including :
Activities profile; activity time report; bullying; cyber bullying; cyber usage; depression; family relationship profile; gratitude profile; happiness hope & joy profile; hobbies profile; state of mind; mood swings; physical stress indicators; positivity; relationships profile; resilience; satisfaction with life; self-esteem; sleep profile; social anxiety profile; stress; trauma profile, worry scale.
(Note that actual profiles used depend on age.)
- Reporting potential problems and areas of concern
- Recommendations for referral for treatment, counseling, or therapy where indicated

ALSO FOR STUDENT, SCHOOLS, ADULT & BUSINESS

HASP YOUTH: for Grades 6 to 9

HASP STUDENT: for Grades 10+/college/university

HASP EDUCATION: for schools/colleges/universities

HASP SELF-DISCOVERY: for adults and seniors

HASP CORPORATE: Staff & management performance

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BUILDING HAPPINESS INTELLIGENCE

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