

Accomplishment

The Accomplishment pillar of the PERMA framework “focuses on developing confidence and competence through striving for and achieving meaningful outcomes” (Norrish et al., 2013, p.153). Not only does accomplishment mean experiencing positive outcomes and successes, but encouraging students to manage setbacks and persevere through challenges. Accomplishing goals can help students experience a sense of achievement and competence (Kern, in press). Character strengths that can be taught to improve the accomplishment domain include zest, persistence and perspective (Wagner et al., 2019). Among students, a sense of accomplishment is linked to improvements in life satisfaction, hope, a growth mindset, and vitality (Kern et al., 2015).

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ADDRESSING
WELLBEING
IN SCHOOLS

*An Educator's Practical Guide to Improving
Wellbeing*

SYDNI FAWSON, MEGAN BATES AND
DAVID BOREN



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