

POSITIVE SCHOLAR- AN EXPERIENCE BASED ON POSITIVE
PSYCHOLOGY AND POSITIVE EDUCATION IN THE
POSTGRADUATE PROGRAM OF THE INSTITUTE OF
RADIOPROTECTION AND DOSIMETRY - IRD IN BRAZIL.

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Introduction

- The dysfunctional state - whether physical or emotional - of individuals participating in postgraduate Scholar life is growing, not only in classrooms, but outside them, in research or in the overwhelming environment of charging for publications, performance-related notoriety and lack of funding for the projects.
- Alarming rates of stress, depression, burnout and anxiety have been growing over the years. Research shows that this situation is not only restricted to the Brazilian context and to an specific region or type of university or educational institution, public or private.

Introduction

- Considering the growth of the numbers of graduate students, in the Institute of Radioprotection and Dosimetry - IRD, this situation of stress between students and faculty and the need of increasing number publications to maintain the quality of courses also outlines the same scenario.

Introduction



- Nuclear research requires high and detailed safety procedures,
- Publications
- Exams
- Seminars
- To keep the course grades at a high level to ensure the maintenance of the scholarship
- Guarantee the thesis deadline
- Overcome anxiety, stress and fear
- Physical or emotional instability
- These aspects in students, teachers and researchers, as will be discussed in this article.

Introduction

- This situation has consequences that need to be changed in order to improve the performance of these participants and the institution itself, and preventive actions may be the most favorable way to collaborate to modify this situation.
- To act protectively and correctively in this environment with initiatives that favor, in a serious and scientifically proven way, the improvement of well-being is one of the possible paths and that is presented in the proposal Positive Scholar Project

BRAZILIAN ACADEMIC SCENARIO

- Increasingly, new opportunities and initiatives arise in courses, studies and research in the academic context
- In Brazil there are 122,295 postgraduate students.
 - 76,323 are academic master's degree students,
 - 4008 are professional master's degree students and
 - 41,964 are doctorate students.
- In the federal universities in Brazil, between the years 2003 and 2016 the number of professors at federal universities increased about 189%. In 2003, there were 20,711 professors, while today, 2017, this number is 59,658.
- Most of the teachers hired, teaching activity is the main activity, reaching a total of 88.5% of those who work with exclusive dedication.
- The need of producing knowledge through academic research is a constant task from the beginning of the career - when still early in life in graduate school as a student - as well as throughout career progression. In addition, the number of articles published demonstrating scientific production and it is used for academic and institutional evaluation.

BRAZILIAN ACADEMIC SCENARIO

- Recent research shows that:
 - One aspect that ends up agglutinating even more tension to this unbridled scientific production are the publication deadlines that even end up compromising, which is quite serious, the quality of the knowledge production.
 - The qualification of the courses by means of scores, based on numbers of publications, ends up being another aspect that contributes to this production on a large scale, bringing great tension to the postgraduate students
 - There are great disadvantages, both for institutions that create numeric artifices and for the scientific research community that suffers with the excessive stress, evasion / abandonment of research and the production of incomplete work and, therefore, the low qualities in scientific innovation
 - Another point of extreme attention, in many cases of tension concerns the aspect of methodological quality and accuracy considered sine qua non to seek publications in better recognized journals and with higher impact factors for indexed publications, for those who want to progress in the academic career.

Positive Education - Positive Psychology Applied to the Educational Scenario

Positive Psychology

Segment of Psychology that focuses absolutely on the scientific study and the empirical proof of actions that allow to identify, measure, maximize and improve the qualities of human beings, including virtues, character strengths, talents, resilience, self-efficacy, optimism, among many others, in order to allow their lives to be happier, fuller and meaningful.

Positive Psychology comes from its formal conception, already 18 years ago, growing both in theoretical terms and in fields of applicability. Originated in the academy of the science of psychology, its proposal is not restricted to this field, but also to others due to its multidisciplinary, including the area of education, scene of the proposal of the Positive Scholar

Positive Education - Positive Psychology Applied to the Educational Scenario

The Positive Psychology and its themes have applicability in several contexts and the field of education has become increasingly fertile in the production of initiatives that promote the well-being and the use of human qualities

Positive Education is defined as education for both traditional skills and for happiness or simply as Positive Psychology applied to Education.

Considering these aspects the Positive Psychology and Positive Education, for application in the context of the academy either for students, teachers or researchers, is an initial step to improve the cases of cognitive, physical and emotional malfunction of the participants, which end up generating commitment to the courses and educational institutions, of the academic environment

The Positive Scholar Methodology

- *Positive Scholar as a workshop*, methodologically modeled based on Positive Psychology and Positive Education, with application through group coaching, aimed at improving academic performance, from improvement of subjective well-being, considering the benefits that a higher state of happiness and the use of positive human qualities that can be generated to the participants - students, teachers and researchers

The Positive Scholar Methodology

Themes Used

- Subjective well-being,
- Positive emotions and human qualities,
- Relevant themes of the scientific study of happiness,

The Positive Scholar Methodology

Contributions for Improvement Performance in Positive Scholar

MORE HAPPY PEOPLE	POSSIBLE CONTRIBUTIONS TO IMPROVE ACADEMIC PERFORMANCE
<p>They present the expansion of the conceptual connections of what they do and that promote better ideas *</p>	<ul style="list-style-type: none">▪ It favors the analysis by the students / professor / teacher of the literature review data, facilitating the identification of points of contact or divergence, allowing the elaboration of more pertinent researches and Creative.▪ It assists in the improvement of learning from an easier understanding of the topics presented in the classroom.
<p>They allow you to broaden your mind and build a better future, as happiness broadens your vision and your field of action *</p>	<ul style="list-style-type: none">▪ Allows the student / teacher / researcher to better understand their projects and to see what types of answers their research needs to obtain, besides assisting in the planning and execution of the research steps.
<p>They are more able to deal with adversities in a more rational way, because they see more solutions *</p>	<ul style="list-style-type: none">▪ It empowers the student / teacher / researcher to redirect and unfold the research that may occur during their study;▪ It favors a more adequate receptivity of the considerations made by the examining rooms during qualifying moments or analysis of newsstands▪ It helps to better deal with unfavorable outcomes / grades in the subjects if they occur.

The Positive Scholar Methodology

Contributions for Improvement Performance in Positive Scholar

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- It helps to better deal with unfavorable outcomes / grades in the subjects if they occur.

They tend to have high levels of confidence.

- The belief in self-efficacy can cause the student / teacher / researcher to believe in their potential of doing academic work, which is often a big question;
- It can contribute, in the case of the student, to the conclusion of credits of the disciplines in a more facilitated way;
- It can contribute to the attainment of goals of publications by the student / professor / researcher..

The Positive Scholar Methodology

Objectives of the Positive Scholar

- Structuring a plan of steps and actions to perform the academic research;
- To favor compliance with the delivery deadline and / or defense of academic research, in order to maintain the course level the highest as possible according to CAPES evaluation score;
- Encouraging the achievement of publication goals for career advancement;
- Improving the performance of students in the disciplines, the performance of the teachers in the classroom and guidelines;
- Promoting greater dedication of the students and teachers in their academic research aiming a high quality standard;
- Awaken students and teachers the interest in producing more academic articles;
- Encouraging greater interaction and trust among students , student and teacher, student and advisor, peer-teacher-informer, or mutual cooperation agreements;
- Innovating in the implementation of a behavioral improvement initiative aiming to improve performance in postgraduate courses with support of the Positive Scholar subjects;
- Identifying and encouraging the experience of the experiences that generate positive emotions and identify the positive human qualities of the participants, aiming at enhancing well-being so that the objectives could be achieved.

The Positive Scholar Experience at the IRD-Brazil

- **IRD Graduate Courses (MSc and PhD – 80 students)**
- **Positive Scholar Application Conditions (voluntary)**
- **Development of the Positive Scholar Activities**
 - Two classes of 7 hours each (two week interval between the classes)
 - The Positive Psychology topics and practices were applied such as positive emotions, flow, mindfulness, character strength assessment, life satisfaction scale, gratitude, interventions, happiness formula, intentional actions - and coaching - administration of the time, building a positive agenda, setting goals and planning agenda for a week, a month and a year - using expository subject individual or group presentations, coaching sessions, mindfulness practices, video recordings, and testimonials.
- **Applied Assessment**

The Positive Scholar Experience at the IRD-Brazil

Conclusions

- The participants would like that the program should be continued through more meetings, and this was confirmed by the high level of satisfaction [maximum score] for participation in the event.
- Considering the applied evaluation [100% of the participants would indicate the workshop to their classmates, 100% of the participants assigned grade 10 to the event], it is very useful to evaluate the possibility of inclusion of the Positive Scholar as a mandatory event for all graduate students, even if it is not part of the course curriculum.
- The experience of the Positive Scholar in the Graduate Program of the IRD allows concluding that it is possible to introduce Social Science disciplines like Positive Psychology in order to disseminate others human knowledge subjects that can support the students