

## **RESOURCES FOR A BETTER LIFE. APPLICATIONS OF POSITIVE PSYCHOLOGY IN EDUCATION**

Ioana Raluca Panc\*  
"Titu Maiorescu" University  
Romania

### *Abstract*

*In the intention to enhance the quality of the school experiences, which are known to be extremely important for the positive development of children, a significant number of educational and psychological interventions have been focusing on fixing what is broken, following the same problem-focused approach that guides mainstream literature. Education and positive psychology are both aiming to facilitate students' thriving and performing at optimal level, as a whole person. Infusing some of the positive psychology interventions in education – either at the large scale of an entire school, or in a more targeted manner focusing on specific behaviors or outcomes, leads to promising results in the five areas of human flourishing – positive emotions, engagement in life and learning, positive relationships, a sense of meaning and purpose and accomplishments. The present article reviews the evidence supporting the use of positive interventions in education, describing some of the comprehensive programs targeted at entire school communities or more specific interventions, applied to smaller samples, investigating specific outcomes, as resources for improving the educational experience for students and lead to a better life.*

*Keywords: positive psychology; education; wellbeing; flourishing; evidence-based interventions*

---

\* Lecturer, PhD, Faculty of Psychology, "Titu Maiorescu" University, Bucharest, Romania;  
e-mail: [ioana.panc@prof.utm.ro](mailto:ioana.panc@prof.utm.ro)