

## VALUES AS PREDICTORS OF OPTIMISM IN SENIORS AND SCHOOL ENGAGEMENT IN STUDENTS

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### *Abstract*

*Following the investigation of the specialized literature on the positive traits of character and optimism, we aim to verify the relationship of five values, such as: gratitude, spirituality, forgiveness, perspective, and appreciation of beauty/excellence with optimism and school engagement. We verified the extent of which the five values predict the optimism for the seniors (N = 105) and the school commitment for students (N = 55). Thus, three questionnaires were applied, measuring values, optimism, and school engagement. The results highlighted interesting differences in spirituality and appreciation of beauty. Forgiveness was identified as an important predictor of optimism for seniors and perspective was identified as an important predictor of school engagement for students. The limitations of the research are connected to the sampling procedure and the small number of participants.*

*Keywords: values; forgiveness; perspective; appreciation of beauty; spirituality; school engagement; optimism*

Received  
March 2018

Accepted  
June 2018

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The authors equally contributed to the development and review of the manuscript.