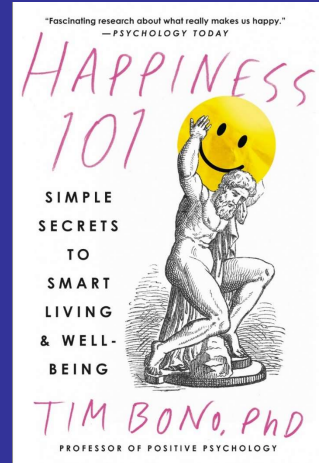


# Positive Psychology: Perspectives on Mindset and Resilience

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THE WALL STREET JOURNAL  
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By [Sara Randazzo](#) [Follow](#)  
May 16, 2025 9:00 am ET

June 03, 2025



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## May Brought Deep Cuts at Multiple Colleges

Colleges laid off well over 800 employees last month due to a mix of enrollment challenges and state funding issues. Ivy Tech saw the deepest cuts with more than 200 jobs axed.

By [Josh Moody](#)

**npr**  
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EDUCATION

## What losing billions in federal grants means for universities, and the nation

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**10 Ways People are Comforting Themselves During the Pandemic**

Life | RELATIONSHIPS  
**How to Comfort a Loved One During COVID-19**  
 BY EMILY BOYNTON | APRIL 17, 2020

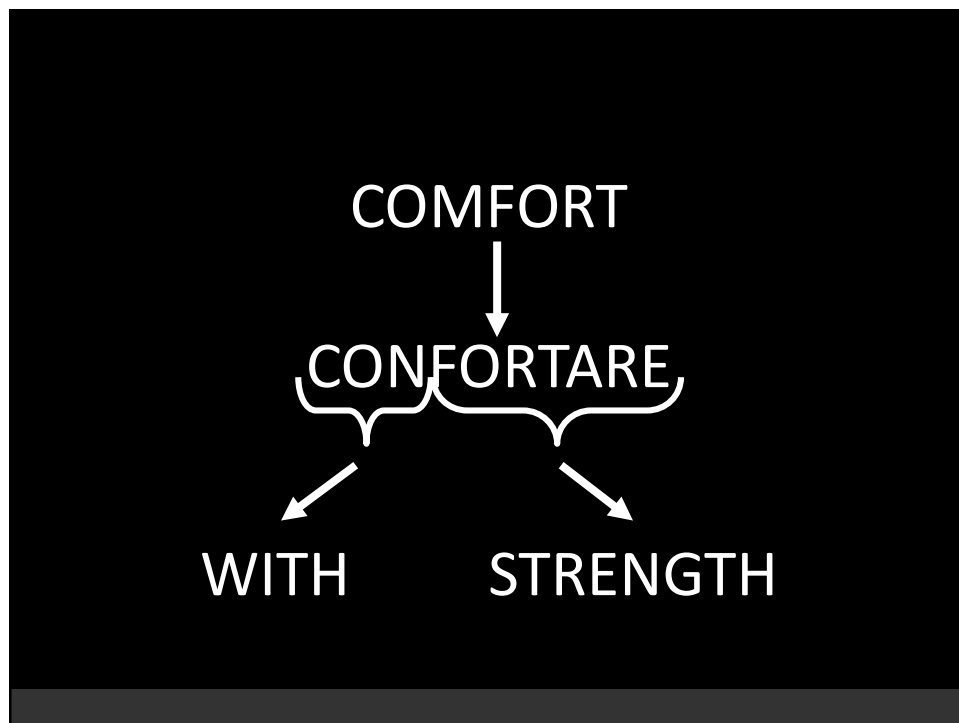
**Covid-19: How to comfort stressed out friends during uncertain times**  
 IANS / Mar 27, 2020, 15:20 IST

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Finding Comfort and Inspiration During the Covid-19 Pandemic

**Local chaplains provide comfort during COVID-19 pandemic**

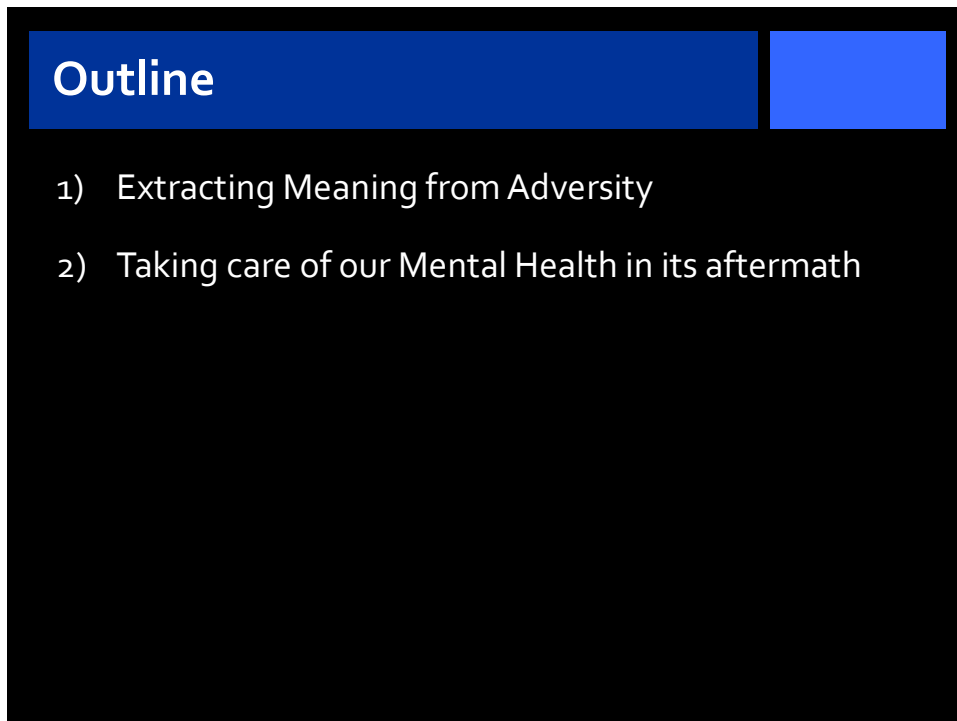
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## TIME

A standardized math test was given to 13-year-olds in six countries last year. Koreans did the best. Americans did the worst, coming in behind Spain, Britain, Ireland and Canada.

Now the bad news.

Besides being shown triangles and equations, the kids were shown the statement "I am good at mathematics."

Koreans came last in this category. Only 23% answered yes.

Americans were No. 1, with an impressive 68% in agreement.

American students may not know their math, but they have evidently absorbed the lessons of the newly fashionable self-esteem curriculum wherein kids are taught to feel good about themselves.

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## The Self Esteem Movement



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## The Self Esteem Movement



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"I've learned that you can tell a lot about a person by the way they handle these three things: a rainy day, lost luggage, and tangled Christmas tree lights."

-Maya Angelou



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## Seery, Holman & Silver (2010)

Representative sample of the adult U.S. population

Participants reported adverse life events they had encountered

*-Illness or injury, Bereavement, Financial difficulties, Relationship stress*

### Outcome measures

Over four years, participants reported annually:

-Stress levels

-Life Satisfaction

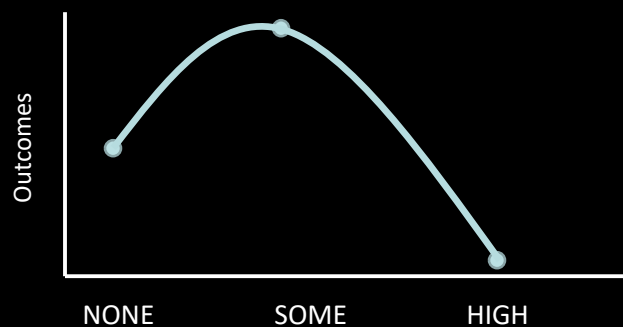
-Functional Impairment

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## Seery, Holman & Silver (2010)

Participants fell into one of three groups:

1) No adversity; 2) Some adversity; 3) High adversity



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## Seery, Holman & Silver (2010)

Overcoming those obstacles “could teach effective coping skills, help engage social support networks, create a sense of mastery over past adversity, and foster beliefs in the ability to cope successfully in the future.”



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“The past can hurt. But the way I see it, you can either run from it, or *learn* from it.”

RAFIKI  
THE LION KING



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## Outline

- 1) Extracting Meaning from Adversity
- 2) Taking care of our Mental Health in its aftermath

17

$$\text{Happiness} = \frac{\text{What we have}}{\text{What we want}}$$

18



19

$$\text{Happiness} = \frac{\text{What we have}}{\text{What we want}}$$

20

Comparison is the  
thief of joy.

Theodore Roosevelt

 quoteconomy

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IT IS A SIGN OF  
**PSYCHOLOGICAL STRENGTH**  
TO SEE SOMEONE WHO IS **HAPPY**  
AND TO BE **HAPPY FOR THEM**

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## Outline

- 1) Extracting Meaning from Adversity
- 2) Taking care of our Mental Health in its aftermath
  - a) Take time for gratitude

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## Emotional Intelligence

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## Communicating with Emotional Intelligence



**Cognitive Distortions:** exaggerated or irrational thought patterns

**1) Catastrophizing:**

imagining the worst possible outcome is inevitable

**2) All-or-nothing thinking:**

believing that things are either *all good* or *all bad*

**3) Negativity Bias:**

fixating only on the negative aspects of a situation

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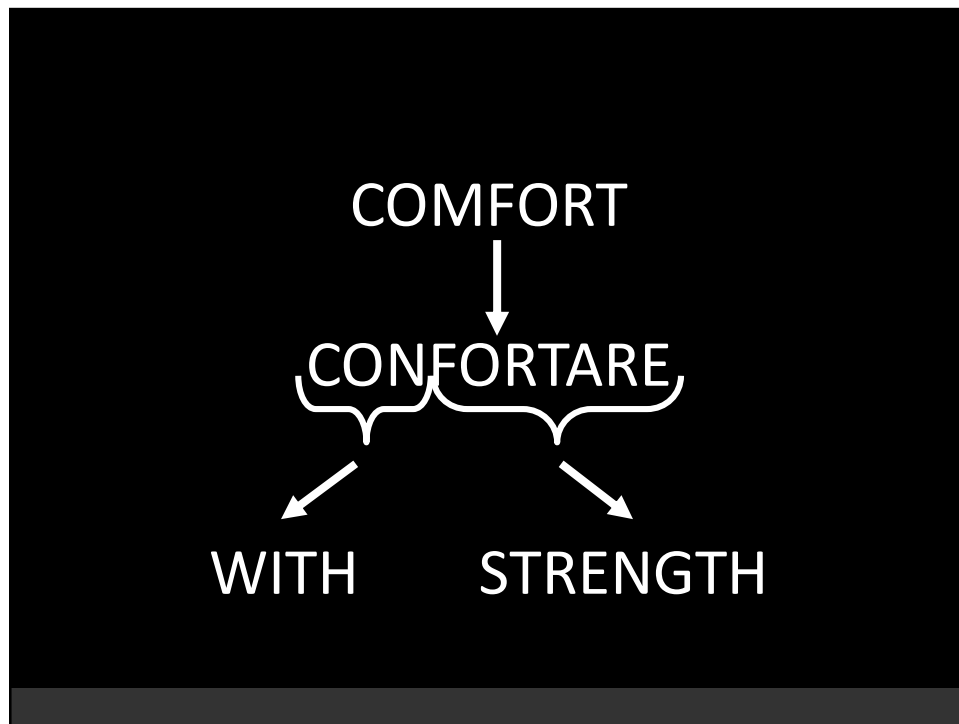
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## Outline

- 1) Extracting Meaning from Adversity
- 2) Taking care of our Mental Health in its aftermath
  - a) Take time for gratitude
  - b) Practice Emotional Intelligence

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**You may not be  
able to control  
every situation  
and its outcome,  
but you can  
control your  
attitude and how  
you deal with it.**

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## Outline

- 1) Extracting Meaning from Adversity
- 2) Taking care of our Mental Health in its aftermath
  - a) Take time for gratitude
  - b) Practice Emotional Intelligence

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BREAK

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## Resilience in a Nutshell

If you believe in yourself...

And if you keep practicing...

You will get the hang of it...

And then you can get better and better at it!

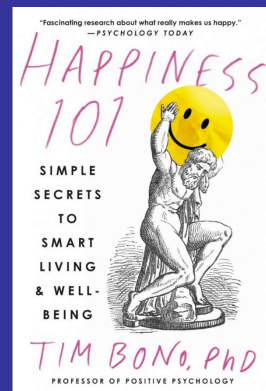
Thumbs up, everybody, for rock and roll!

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# Thank You.

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