

PASSION FOR THE POSSIBLE

Raising children who are happy healthy and morally good is the ultimate goal of all parents and educators. Although specific definition of health, happiness and good character may vary across time, place and culture their importance for personal as well as social well being cannot be debated upon.

What is a good of person, how can we measure it and how can we build good character among children and youth? These timeless questions were asked by the Athenians philosophers and are still posed by modern psychologists and educators. However **Positive psychology** has refocused scientific attention on character identifying it as one of the pillars of this new field and central to understanding of the **psychological good life** . Character refers to that aspect of personality that is morally valued. Good character is at the heart of positive **youth development** and so anyone who sees his role as that of guiding and grooming youth could use the positive psychology framework.

The basic premise of positive psychology is that the happiness and fulfillment of children and youth entail more than identification and treatment of their problems. Is counseling limited to solving problems or is it a life skill used by teachers , parents , colleagues, friends to build good character, revive hope, give confidence and enable people is the question we need to answer. If answer to the above question is that good character is beyond just not having problems then we need to focus all our energies to use positive psychology in building good character. Good character is associated with desired outcomes such as school success, leadership, tolerance and self control. ***These character strengths are related to achievement, life satisfactions, and well being of children and youth, what a counselors aims to address.***

Positive psychology is the scientific study of the optimal life experiences-people doing their best and people being their best. It is a newly christened approach within psychology that takes seriously as a subject matter those things that make life most worth living. Positive psychology does not deny the problems that people experience and positive psychologists do not ignore stress and challenge in their attempts to understanding what it means to live well. The most basic assumption here is that positive psychology urges to believe in human goodness and excellence are as authentic as disease, disorder and distress and hence should be given equal attention.

Positive Psychology actually provides a comprehensive scheme for describing and understanding the good life .It identifies following domains as critical to the psychological good life and good character we aim to build in all young adults:-

- **Positive individual traits-character, values, interests**
- **Positive relationships-friendship, marriage ,colleagueship**

- **Positive experiences-happiness, life situations , fulfillment**
- **Positive institutions-family, school community etc**

People are at their best when institutions, relationships, traits and experiences are in alignment and doing well in life represents a coming together of all four domains. In a nutshell the demand is we need to move from remediation to prevention. A crucial task for any counseling effort is therefore to identify a student's strength and encourage its use. Such a balanced emphasis would build rapport, bolster student confidence which in turn should facilitate success of counseling.

BUILDING POSITIVE TEAMS FOR POSSIBILITY-

We could use unity building and team building for students to get to know each other and break the barriers. I feel that dealing with students I want to help the students realize that even though they are all very different they have so much in common. They need someone to focus their positive energies into building a group that shares and cares. Within their groups students should be encouraged to confront their issues, identify the roots of the problems and learn coping strategies for future.

Today in progressive schooling set ups ,the role of a counsellor has changed drastically and it has evolved as a dynamic multifaceted support system .As a counseling psychologist and a teacher educator dealing with behavior problems, related to indiscipline has been a very large part of my job.It has been established that confronting the behavior, when it occurs, giving the reason it is not acceptable, and following through with the consequence on a consistent basis is the most effective way to change the misbehavior. If we are not consistent, in disciplining a child, the child will believe it is all right to act this way sometimes, and continue the misbehavior on occasion. However in today's setups, 'We need to use the positive psychology framework to Make Discipline More Effective!'