



Growing (Thriving) Minds Towards 21st Century Competencies



Hans Henrik Knoop, Aarhus University
Extraordinary Professor, Optentia, NWU
knoop@edu.au.dk











Flourishing via Life-Qualities Predicting Self-efficacy and Resilience

Success re.
personal, social and
academic competence

Success re.
personal, social and
academic creativity

Further interest in learning

Learning and creativity

Intrinsically motivated curiosity and urge to act

Further interest in creating

Intrinsically motivated physical health

Predictors:

Food Exercise Sleep Hygiene Intrinsically motivated positive emotions

Predictors:

Good social atmosphere Nice aesthetics Functional spaces Intrinsically motivated engagement

Predictors:

Freedom, energizing goals, a few good rules, flexible degree of challenge, energizing evaluation, possibilities for immersion Intrinsically motivated meaning

Predictors:

Usability Good reasons Intrinsically motivated social relations

Predictors:

Fun collaboration Safe competition

Basic needs for self-regulation and strengths-based growth

Every one of these life-qualities can be trained or neglected by the individual rige to act

Predictors:

and promoted or inhibited

Preby the environment

Predictors:

Basic needs for sel

Flourishing via Life-Qualities

Predicting Self-efficacy and Resilience

Further interest in learning

Success re.

personal, social and academic competence

Success re.

personal, social and academic creativity

earning and creativity

Further interest i

Do you enjoy, and provide for, these life-qualities?

Intrinsically motivated physical health

Predictors:

Food Exercise Sleep Hygiene **Predictors:**

Good social atmosphere Nice aesthetics Intrinsically motivated engagement

Predictors:

Freedom, energizing goals, a few good rules, flexible degree of challenge, energizing evaluation, possibilities for immersion

Intrinsically motivated meaning

Predictors:

Usability Good reasons

Intrinsically motivated social relations

Predictors:

un collaboration

Safe competition

Basic needs for self-regulation and stre

based growth

Flourishing via Life-Qualities

Predicting Self-efficacy and Resilience

Further interest in

Success re.

personal, social and academic competence

Success re.

personal, social and academic creativity

earning and creativity

Further interest i

May you be able to improve something?

Intrinsically motivated physical health

Predictors:

Food Exercise Sleep Hygiene **Predictors:**

Good social atmosphere Nice aesthetics

Intrinsically motivated engagement

Predictors:

Freedom, energizing goals, a few good rules, flexible degree of challenge, energizing evaluation, possibilities for immersion

Intrinsically motivated meaning

Predictors:

Usability
Good reasons

Intrinsically motivated social relations

Predictors:

Fun collaboration
Safe competition

Basic needs for self-regulation and strengths based growth

Curiosity as Nature's own recipe against boredom and anxiety

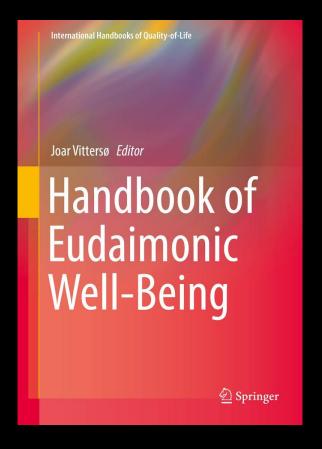
"Curious learning not only makes unpleasant things less unpleasant but also makes pleasant things more pleasant"

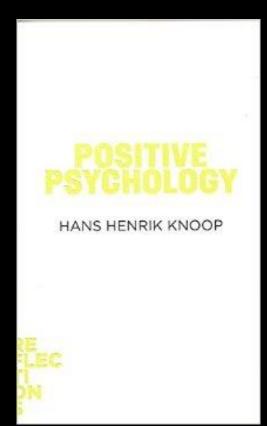
Bertrand Russell

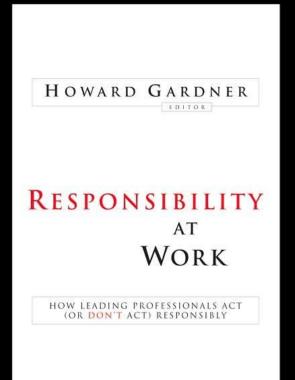




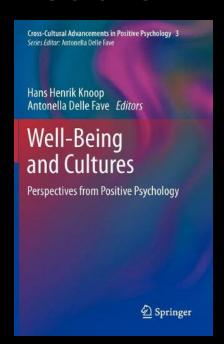
References

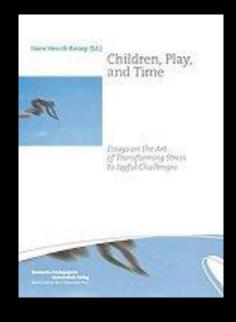


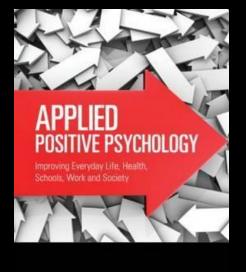




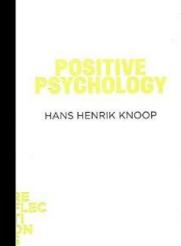
Read on







Edited by Stewart I. Donaldson, Mihaly Csikszentmihalyi and Jeanne Nakamura



http://www.amazon.com/Po sitive-Psychology-Reflections-Henrik-Knoop/dp/8771243526



