



phenomena?

to economics,

A+ Excellent!

## Send Them Off to SAT Exam Happy For Best Results

It's SAT day. Saturday morning and we have to be up early for an important appointment at a location we may have never been to before. We must have things with us when we arrive that may have been left in the custody of children who do not remember where they are and did not tell you they would be required until it is time to leave. This sounds hectic and rushed but normal for a SAT examination day in many households. Tempers flare, words exchanged and the result is lower test results. Studies show that students with positive attitudes and emotional states did better on standardized examinations.

When you spend the drive to the SAT examination berating your child for having left the calculator at school so you have to run to the 24-hour Wal-Mart in the hope that they have the right kind on the shelf your actions are negatively impacting the performance your child will experience on the actual examination.

If you want your child to have the best possible scores on the SAT examination, or on any examination, a good feeling mood will help. Positivity literally makes us smarter.

### Citations:

Bryan, T., and J. Bryan (1991), "Positive mood and math performance," *Journal of Learning Disabilities* 24: 490 - 94

Fredrickson, B. L. (2001), "The role of positive emotions in positive psychology: The broaden-and-build theory," *American Psychologist* 56: 218-26

Tags: SAT Scores and Mood, student achievement and mood

Happiness 1st Institute takes the best information from a variety of disciplines including Positive Psychology, neuroscience, quantum physics, emotional intelligence and ancient philosophies to create courses that provide skills and tools individuals can use to make themselves happier, more optimistic, more resilient and more emotionally intelligent.

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