



| SMU Academy

The Double Helix of Success

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SINGAPORE SCHOOLS ▼

- Organised
- Centralised
- Good facilities
- Good systems
- Well maintained



WHEN I WAS IN SCHOOL



- Competitive
- Rote learning
- Conforming
- Rigid
- Efficiency-driven



WHAT WORKED AGAINST POSITIVE EXPERIENCES?

A **meritocratic system** (based on relative performance which promotes selfish, me-first mentality & erodes norms of trust & cooperation)

A **stratified system** which allows for those who have more resources to be better placed to compete



REFLECTIONS ▾

COMMENTS FROM MY UNDERGRADUATE CLASS



- Ours is “a system where children are defined by 3 digits (their PSLE score)”
- We should “stop categorising, stop predicting, stop assuming and stop expecting...”
- “allow children to grow in a healthy learning environment where they can dabble in everything and anything and find where their interest lies..”

PISA RANKINGS 2015

	MATH	SCIENCE	READING
1	Singapore	Singapore	Singapore
2	Hong Kong	Japan	Hong Kong
3	Macau	Estonia	Canada
4	Taiwan	Taiwan	Finland
5	Japan	Finland	Ireland

Social
Cost?

GOVT RESPONSE IN RECENT YEARS

- Downplay academic grades, ban publishing of top scorers
- Emphasise values and character education with new CCE syllabuses
- Spread resources more evenly across system, providing more for those at the lower academic tiers
- Spread strong leaders across schools



FACTORS THAT LEAD TO HAPPY SCHOOLS



- Friends and relationships between classmates.
- Teachers who go all out, to accommodate both weak and strong students and who instill values and discipline in them.



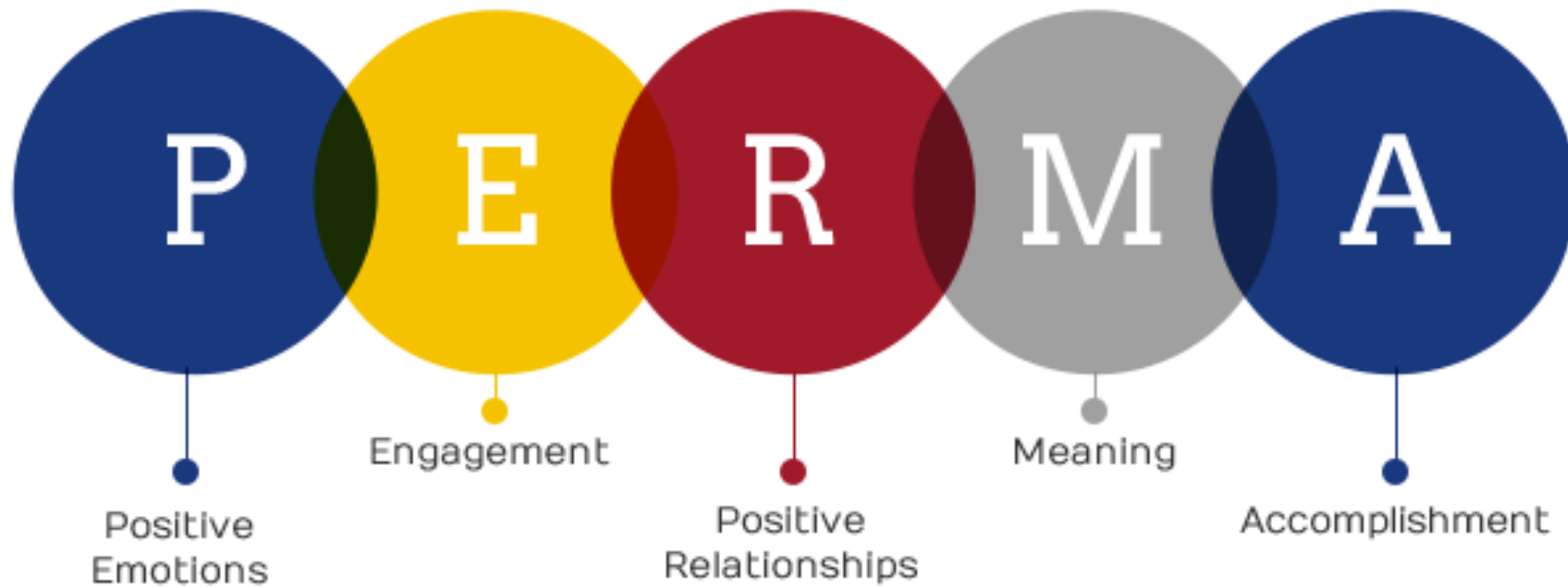
POSITIVE EDUCATION

- Works to create a school culture that supports caring, trusting relationships
- Brings together the science of positive psychology to encourage and support individuals and the community to flourish and thrive
- Focuses on specific skills that assist students to strengthen their relationships, build positive emotions, enhance personal resilience, promote mindfulness and encourage a healthy lifestyle



MARTIN SELIGMAN & POSITIVE PSYCHOLOGY ▾

Introducing a New Theory of Well-Being



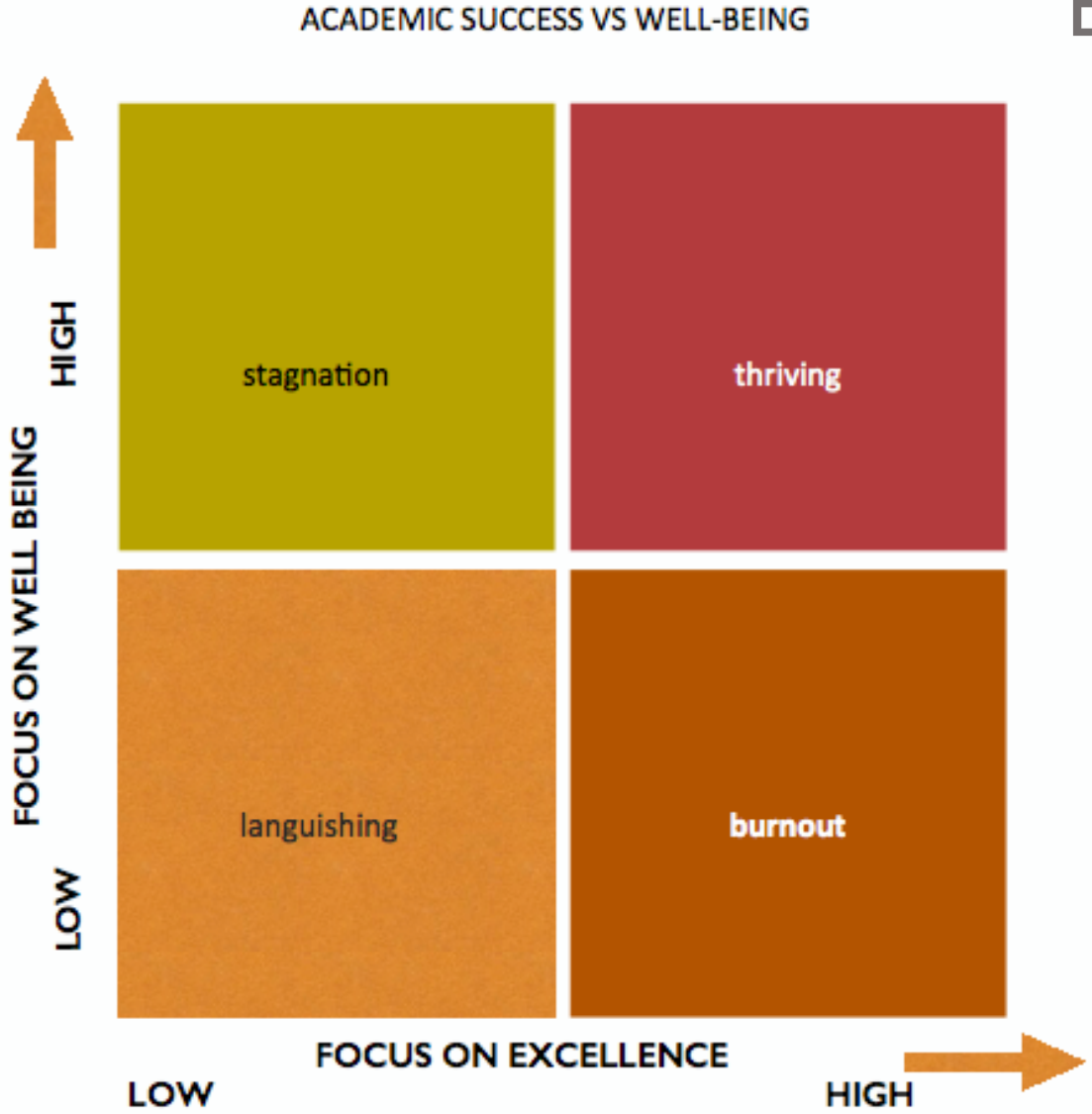
DOUBLE HELIX OF SUCCESS

Positive education challenges the current paradigm of education, which values academic attainment above all other goals. Drawing on classical ideals, we believe that the DNA of education is a double helix with intertwined strands of equal importance: the fulfilment of intellectual potential (academics), and character strengths & well-being (positive life outcomes)



The image shows a screenshot of the ipen website. At the top, there is a blue navigation bar with the ipen logo (a DNA double helix with a plus sign) and the text 'ipen'. To the right of the logo are links: 'Why Positive Education?', 'Our Manifesto', 'What is ipen?', 'News & Events', 'Blog', and 'Contact Us', followed by social media icons for Facebook and Twitter. Below the navigation bar is a large photograph of a diverse group of children and adults smiling and looking at something together. Overlaid on this photograph is the text 'MANIFESTO FOR POSITIVE EDUCATION' in large, white, bold, sans-serif capital letters. Below the photograph is a solid blue rectangular area containing the text 'JOIN OUR MOVEMENT' in white, all-caps, sans-serif font. Underneath this is the text 'Sign our manifesto and be part of our worldwide movement to change education' in a smaller, white, lowercase, sans-serif font. At the bottom of this blue area is the text 'SIGN THE MANIFESTO' in white, all-caps, sans-serif font.

WELL BEING & EXCELLENCE



POSITIVELY WESTWOOD

DEVELOPMENT FOCUS

- Thinking Mindfully (Self-directed learner)
- **Healthy Coping**
- **Relating Well**
- In the Moment (Optimal Engagement)
- **Values-Driven Action**
- **Emotions of Positivity (Heart of Gratitude)**



CLASSROOM STRATEGIES

- Traffic Light or Think-Stop-Go
- What Went Well
- Reward Charts for Effort
- SWABT Corners
- Lesson Op for Peer Appreciation of Behaviour & Efforts



WESTWOOD MASCOTS ▾

- Heart of Gratitude
- Resilient Mindset
- Passion for Community
- Future-ready Confidence

VALUES



S'PORE MANAGEMENT UNIVERSITY ▼

- MODULES ON SUBJECTIVE WELL-BEING
- MINDFULNESS CONVERSATIONS
- STUDENT WELLNESS CENTRE

PROVISIONS



HWA CHONG INSTITUTION

FOCUS

- From academic grades to capacity building &
- Developing individuals with talents and passion
- Rooted in character and values



WHOLE SCHOOL APPROACH ▼

FOCUS

- Values/Themes by levels
- Digital CCE Portfolio
- Student Self-assessment
- Parent-Teacher Conferences
- Service Learning Projects (Project Appreciate)
- “Before I die...” Letter to Future Self



FUTURE PROOFING THE NEXT GENERATION

