

**REFERENCES-PROMOTING COLLEGE SUCCESS THROUGH  
POSITIVE PSYCHOLOGY  
National Conference on Students in Transition  
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Provided by Malcolm Kahn, Ph.D. and Sue Kahn, Ph.D.  
Authors of *College Success & You: Achieving Your Goals*  
Winner of the 2015 Most Promising New Textbook Award  
from the Textbook and Academic Authors Association  
[collegesuccess.andyou.com](http://collegesuccess.andyou.com)

Books

Fredrickson, B. (2009). *Positivity*. New York: Crown.  
Goleman, D. (2006). *Emotional Intelligence*. New York: Random House.  
Lyubomirsky, S. (2008). *The How of Happiness*. New York: Penguin.  
Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford.  
Southwick, S. (2012). *Resilience: The Science of Mastering Life*. New York: Cambridge.

Web Sites

[www.viacharacter.org](http://www.viacharacter.org) The VIA self-scored survey of Signature Strengths is available here from the VIA Institute on Character. Look for the "VIA Sample Survey" to print and copy.  
[www.health.harvard.edu](http://www.health.harvard.edu) "In Praise of Gratitude", an article from the Harvard Mental Health Letter, summarizes research that supports the personal benefits of expressing gratitude and lists techniques that can be used to show thankfulness.  
[www.authentichappiness.sas.upenn.edu](http://www.authentichappiness.sas.upenn.edu) The University of Pennsylvania Positive Psychology Center sponsors the "Authentic Happiness" web site. The site provides free access to readings, videos, research, and various self-assessment questionnaires. Nineteen questionnaires are offered, each providing immediate scoring and interpretive information for anyone who registers.

YouTube Videos

"Happiness 101 with Tal Ben-Shahar" In one of Harvard's most popular classes, Professor Ben-Shahar explains the most important positive psychology concepts, their scientific basis, and how these concepts can apply to everyday life.  
"Coca-Cola Happiness Machine" A Coca-Cola vending machine is configured to spread happiness to students as the students receive special surprises from the campus machine. Students can discuss how to achieve similar happiness through their own internally driven successes as through this external good fortune.