



Southern Connecticut  
State University

COLLEGE OF EDUCATION

# **MENTAL HEALTH AS IT RELATES TO TEACHING AND LEARNING**

*Colloquium Series Hosted By  
Center of Excellence for Teaching and Learning*

## **POSITIVE EMOTIONS AND RELATIONSHIPS: THE BRIDGE TO ENGAGEMENT**

Thursday, February 24th

5-6 pm

***Dr. Shannon Suldo***



### ***Featured Speaker***

*Professor, School Psychology  
University of South Florida*

#### **SESSION DESCRIPTION**

This webinar will focus on the promotion of subjective well-being through positive psychology programs and practices that generate positive emotions and strengthen relationships. Interventions associated with increased classroom engagement and performance will be presented. Participants will learn evidence-based strategies for supporting stress management and wellness promotion, decreasing negative emotions and cultivating gratitude.

