

Summary and Analysis of Experiential Learning

Student's Name

Institution Affiliation

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### Journal Activity Summary

#### 1. PERMA Assessment

PERAM is a multidimensional model that can be utilized to measure and promote the psychological well-being of students (Kern, Waters, Adler, & White, 2015). The PERMA assessment was a personal survey that was completed to help provide a better understanding of myself and foster adaptability. The results of the PERMA assessment indicated a high engagement level of 8 and an average positivity ratio of 5. Relationship, meaning, and accomplishment were also as high as they should be.

#### 2. Positivity ratio

The positivity activity was completed to provide a snapshot of the state of my emotions. With a positivity score of 10 and a similar negativity score, the positivity ration was a neutral one which implied that there is nothing pushing me towards either the positive side or the negative side.

#### 3. VIA survey of character strengths

The third activity entailed completing the VIA survey to provide insights into the various strengths and weaknesses that I have. The results of the study showed that the my main strengths included bravery, humor, perseverance, creativity, curiosity, perspective, justice, and gratitude. Understanding my personal strengths enabled me to appreciate the role that I play in today's world

#### 4. Creative thinking activity

The creative thinking activity entailed completing several activities to measure my level of creative thinking. This included discerning a marriage activity, tackling a riddle,

completing the calendars activity, and solving a second riddle. The activity was meaningful and enabled me to become more self-aware.

5. Zest activity

The other activity that was completed was the Zest activity which aimed to measure my character strength, or rather, my level of desire and satisfaction in education and life in general. The activity entailed working out through jogging and crunches and working on my personal self-image.

6. Positive psychology at the movies – perseverance at the Forrest Gump

The last activity that was conducted was the positive psychology activity which entailed watching a movie about the perseverance of Forrest Gump. Watching from the psychology perspective was hugely beneficial as it ensured that the little things have been appreciated

### **Personal Reflections and Insights**

Reflection is an integral part of learning as it provides individuals with an appropriate platform onto which they can examine their experiences and gain new understandings. As pointed out by Wong (2016), reflection facilitates learning by enabling learners to adequately assimilate learning, relate the learning to what they already know, and adapt and apply their newly acquired knowledge and skills for their own purposes. Completing the activities have been a valuable learning curve that have enabled me to acquire significant insights. The PERMA assessment activity enabled me to acquire a better understanding of myself as well as my positive and negative outlook on life. The positivity ratio activity was important and meaningful as it enabled me to have a better understanding of my feelings and emotions. Appreciate my desire and zest in life and obtain a positive psychological view on life.

### **Relation to Human Functioning, Application, Advantages and Disadvantages**

Optimal human functioning refers to the state at which individuals have become the best that they can be and attained all their personal potentials (Walsh, 2014). Positive psychology entails the study of optimum human functioning. The activities that were conducted within the journal activity helped to foster optimum human functioning in a variety of ways. Optimum human functioning encompasses a variety of positive states in life. The activities conducted helped in making me aware of my own individual state thereby informing how to move towards the optimum state. The activity fostered an understanding on my zest levels, improved creative thinking abilities, and a better understanding of my emotions and feelings. The insights that have been obtained through the activity are important and can be appropriately applied to personal, professional, and social issues.

The insights can be applied to promote optimum human functioning and promote happiness and positive outcomes at work, on a personal level, and to other social issues. The insights are vital in developing the ability to savor positive experiences, explore ongoing positive experiences, and anticipate future positive experiences. Applying the learnings acquired and studied character strengths to personal, professional, and social issues has its own advantages as well as disadvantages. An important strength is that such an application would help in the discovery and acknowledgement of physical, mental, and social resources and facilitates the attainment of personal growth, success, and wellbeing. This helps in building confidence, hope, optimism, and happiness. There are also disadvantages. The application of the learnings may also be disadvantageous as the pursuit of happiness may lead individuals to suppress particular important and informative content simply because they have interpreted it as nonproductive and negative.

## References

- Kern, M. L., Waters, L. E., Adler, A., & White, M. A. (2015). A multidimensional approach to measuring well-being in students: Application of the PERMA framework. *The journal of positive psychology, 10*(3), 262-271.
- Walsh, B. W. (2014). *Counselling Psychology and Optimal Human Functioning*. Routledge Publishers
- Wong, A. C. K. (2016). Considering Reflection from the Student Perspective in Higher Education. *Sage Open Journals, 10*(2). 1-9. DOI: 10.1177/2158244016638706