### Positivity

People who are especially talented in the Positivity theme have an enthusiasm that is contagious. They are upbeat and can get others excited about what they are going to do.

- **I am (being)** → optimistic, hopeful, and fun-loving
- **I will (doing)** → lift and lighten emotional environments
- **I bring (contribution)** → contagious energy and enthusiasm
- **I need (requirement)** → freedom to experience the joy and drama of life
- **I love (value)** → living life to its fullest
- **I hate (value)** → negative people who drain the life out of others
- **Metaphor/Image** → glass is half full, not half empty
- **Barrier Label** → naive

#### Theme Contrast

<table>
<thead>
<tr>
<th>Positivity</th>
<th>Analytical</th>
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<tbody>
<tr>
<td>light-hearted</td>
<td>serious-minded</td>
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#### Analogy

- **Positivity**: Praise can’t be overdone, so I am generous with it
- **Deliberative**: Praise can be overdone, so I use it sparingly

### Career Development Tips

- Interview people who are currently in jobs that interest you in an [Informational Interview](#). Shadow them to see what they really do day in and day out.
- Go to [career fairs](#) sponsored by [Career Services](#) where you can interact with lots of different people and learn about many different roles. You will thrive in work environments that are fun, faced-paced, and people-oriented.
- Relaxed, social, pleasant environments where your optimism and sense of humor will be appreciated are likely to bring out your best. Avoid environments where cynicism and negativity are seen as “cool.”
- Choose work for which you have passion. You will be energized when you are in environments that encourage your hopeful view of the future.
- Choose a career in which you can help others be more effective. Interview coaches, teachers, sales reps, marketing executives, realtors, or managers and ask them what they like most about their work.

### General Academic Life Tips

- Help make learning fun. Become a tutor through the library’s [SMART Learning Commons](#) in a subject in which you thrive. Help another student get excited about your major through [The Major Network](#).
- Share praise when appropriate.
- Help classmates laugh and relax when needed.
- Contribute to exciting class discussions.

### Extracurricular Activities

- Play or support [team sports](#) in which you can enjoy cheering others on.
- Attend [Gopher Games](#) and show your school spirit
- Actively seek out extracurricular activities that might be fun.
- Apply to be a [Welcome Week Leader](#) or an [Admission Ambassador](#) to get people excited about coming to the U of M.
- Apply to be a [Community Advisor](#) in any of the Residence Halls and create a positive atmosphere for students.
- Pump energy into clubs you join.