

The Best Possible Term Activity

I'm excited to share an activity that just might help you have a more enjoyable and successful term. This exercise, which I call the Best Possible Term activity, is based on research conducted in the field of Positive Psychology, and it focuses on improving emotional (and hopefully academic) outcomes by envisioning success. I ask that you take 5-7 minutes to complete this activity now.

Before you get started, grab a piece of blank paper (I like to use something brightly colored) and a pen, pencil, or marker. Then, at the end of my message here, you'll take 2 minutes (more or less) to imagine the end of the term when pretty much everything has gone right: school, work, home. It has all fallen into place. Visualize what that outcome looks like, feels like, smells like. Actually feel yourself living that positive outcome – the best possible term.

After you've lived that outcome in your imagination for a couple of minutes, take an additional 5 minutes (more or less) to describe that visualization on paper. It could be in sentences and paragraphs, it could be in a bulleted list, or a drawing. Include details – make it real.

And that's it!

I'll prompt you to reflect on what you had to say – or draw - at midterm and the end of the class, but I encourage you to pull this out and read through it at least once per week (maybe do it each time you start to work on a weekly assignment). Review it as often as you like to keep yourself positive and motivated throughout the term.

You'll still have to work hard in the course and put the time into mastering the concepts and meeting the objectives, but I think you'll find that this will increase your optimism and calm your nerves. Here's to making this the Best Possible Term!

Bjorkman, S. [StacyBjorkman]. (2023, January 28). *Best Possible Term Activity* [Video]. YouTube. [https://youtu.be/ fUBIWGu_Q8](https://youtu.be/fUBIWGu_Q8)