



See the light in others,  
and treat them as if  
**that is all you see.**

Dr. Wayne Dyer



**HYVÄÄ ON USEIN  
HOUKUTELTAVA**



# GOOD OR EVIL?



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# PAHA ON VOIMAKKAAMPI KUIN

## HYVÄ (BAUMEISTER, 2001)

- Evoluutio valinnut keskittymään vaaroihin ja riskeihin, eloonjäämisen ehto
- On "varauduttava" pahimpaan
- Negatiiviset tapahtumat jättävät isomman jäljen
- Traumalle ei ole vastakäsitetä



# JA LISÄÄ...

- Mieli työskentelee motivoitummin välttääkseen huonon minäkäsityksen kuin rakentaakseen hyvän
- Huonot vaikutelmat ja stereotypiat muodostuvat hyviä nopeammin ja ovat vaikeammin purettavissa kuin hyvät
- Paha puhunta leviää nopeammin kuin hyvä



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## Marie Jahoda

Marie Jahoda (1907-2001) was born in Vienna, and trained as a teacher and psychologist in her home city, gaining a PhD in 1932. Forced into exile to the UK between 1937 and 1945 because of her beliefs and activities, she then established her new career in New York after the war before joining Brunel College in 1958.

She played a founding role in the establishment of social science education at Brunel until 1965 and also established the placement system in the School of Social Sciences.

Marie Jahoda then became a professor at Sussex University where she founded the first university department of Social Psychology.

Throughout her career she focused on issues such as nationalism, anti-semitism and the impact of poverty and unemployment. She was awarded a CBE in 1974.



psychologist

the impact of poverty

anti-semitism

social sciences

social psychology

**“Hyvinvoinnin saavuttaminen vaatii muutakin kuin pahoinvoinnin poistamisen.”  
(Jahoda 1958)**

**Hyvinvointi on opetettava ja opittava asia.**



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# TULOKULMIA HYVÄÄN: POSITIIVISET EMOOTIOT

**FAKE IT**

*Until you make it!?!*



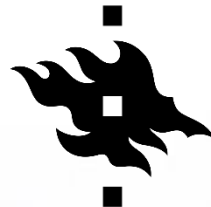
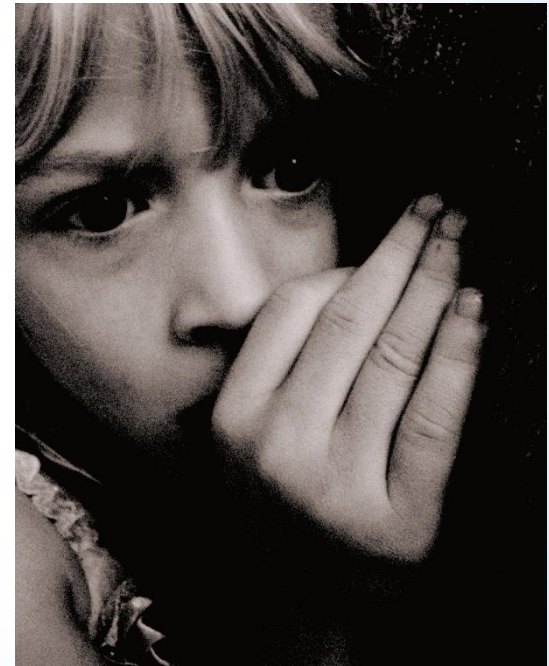
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# NEGATIIVISET EMOOTIOT

## KAPEUTTAVAT

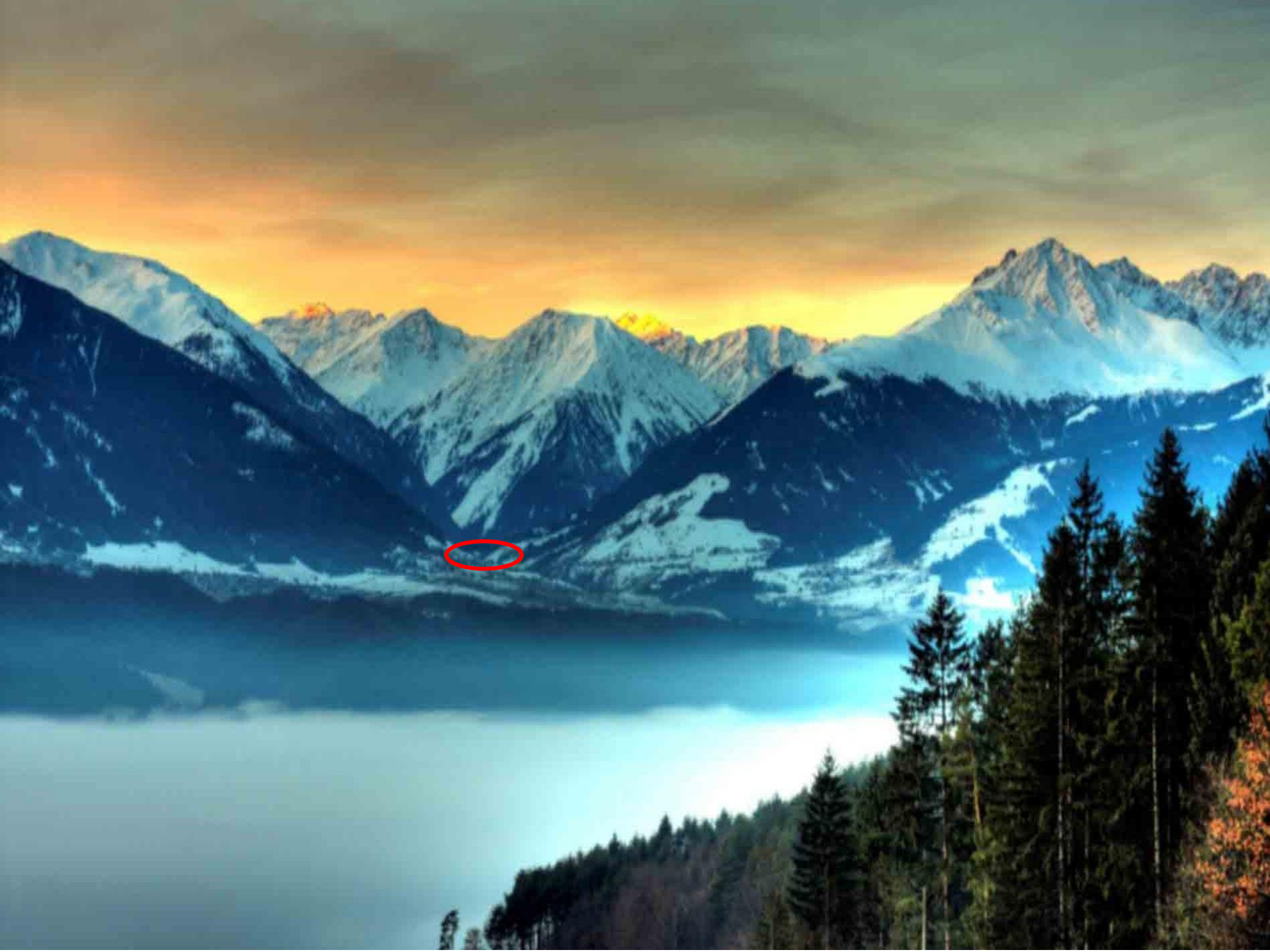
- Taistele tai pakene –tilassa vain yksinkertaisten tehtävien oppiminen onnistuu
- Luova ajattelu niukkenee



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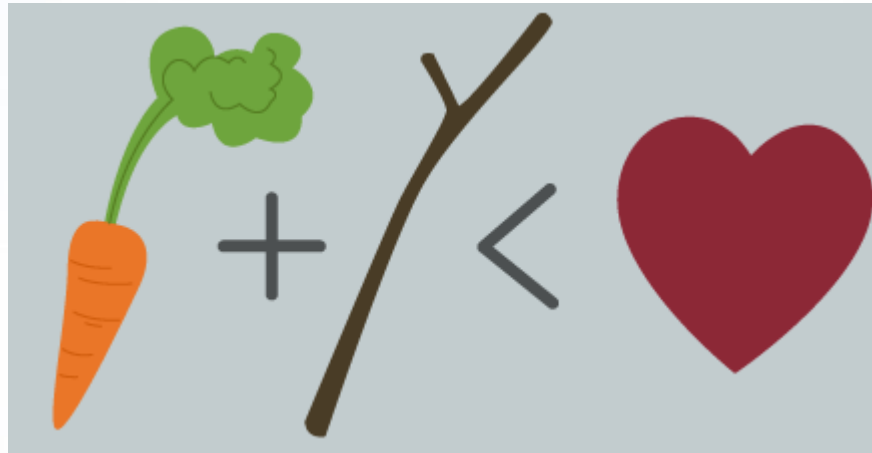
Still Face Experiment: Dr. Edward Tronick

<https://www.youtube.com/watch?v=apzXGEbZht0>



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# TIETOISESTI VAALITTAVA HYVÄÄ



## KEHUVETOISUUS!



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# PÄIVITTÄISET POSITIIVISET TUNNETILAT

- ennustavat ja aikaansaavat henkilökohtaisten resurssien kasvua, kuten
  - Kokemusta pätevyydestä
  - Kokemusta merkityksellisyydestä
  - Optimismia
  - Resilienssiä
  - Oman minän hyväksyntää
  - Myönteisiä ihmissuhteita
  - Fyysistä terveyttä



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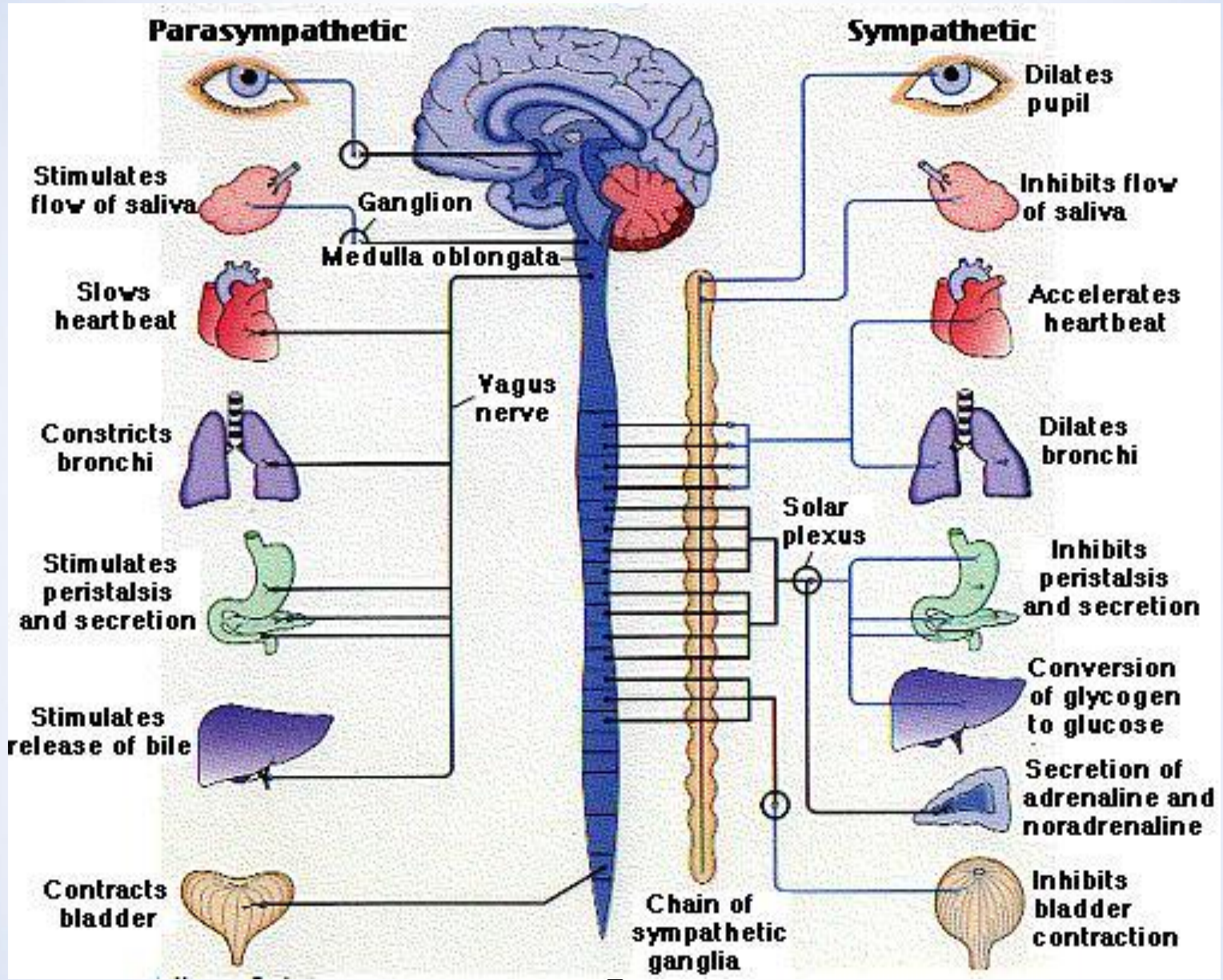
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- Positiivisten emootioiden ja fyysisen terveyden välillä yhteys (lähtökohtana *broaden-and-build*-teoria, Fredrickson 2001)
- Parhaiten tunnetaan stressinsäätelyn ja vagushermon toiminnan välinen yhteys.



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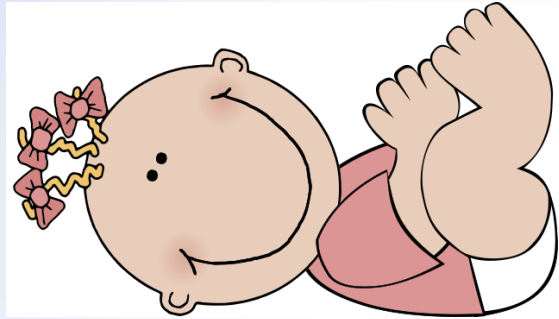
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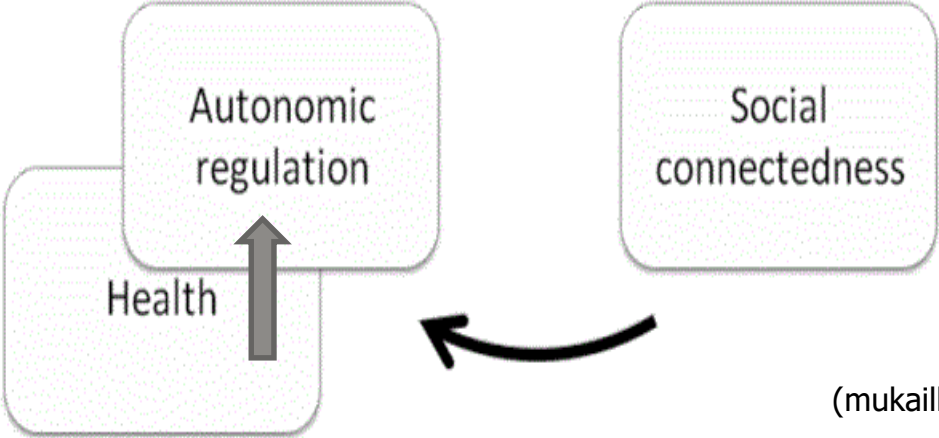




Positive emotions



Sensitivity to social cues

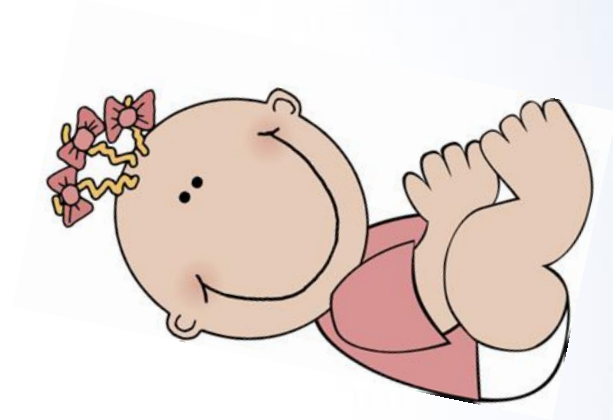


Oxytocin  
Vagus

(mukaillen Kok,... & Fredrickson, 2013)

# TEHTÄVÄ

- Mikä on sinun "vauvasi"?
- Entä kollegasi?
- Entä kasvatettavasi?



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# NONCOGNITIVE SKILLS

Heckman & Rubinstein, 2001:

It is common knowledge outside of academic journals that motivation, tenacity, trustworthiness, and perseverance are important traits for success in life. It is thus surprising that academic discussions of skill and skill formation almost exclusively focus on measures of cognitive ability and ignore noncognitive skills.



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# BENGT HOLMSTRÖM, NOBEL PRIZE WINNER IN ECONOMICS 2016

- Failed in the Finnish national standardized test, made a career in Stanford, Northwestern University, Yale, MIT
- Persistent, honest, courageous, curious
- Dares to ask right questions



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# GOING FROM WHAT'S WRONG TO WHAT'S STRONG

- Linkins, 2012:  
"Luonteenvahvuudet ovat ruori ja polttoaine,  
jotka energisoivat lahjamme."



# CHARACTER STRENGTHS?

- Via philosophy, Peterson & Seligman, 2004, viacharacter.org
- What are your character strengths?
- <https://www.youtube.com/watch?v=K-3IjNr1gCg>



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# VIA Classification of Character Strengths and Virtues

*The Character Strengths of a Flourishing Life*

WISDOM	COURAGE	HUMANITY	JUSTICE	TEMPERANCE	TRANSCENDENCE
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<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Curiosity</b> Interest; novelty-seeking; exploration; openness to experience</p>	<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Perseverance</b> Persistence; industry; finishing what one starts</p>	<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Kindness</b> Generosity; nurturance; care; compassion; altruism; "niceness"</p>	<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Fairness</b> Just; not letting feelings bias decisions about others</p>	<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Humility</b> Modesty; letting one's accomplishments speak for themselves</p>	<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Gratitude</b> Thankful for the good; expressing thanks; feeling blessed</p>
<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Judgment</b> Critical thinking; thinking things through; open-minded</p>	<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Honesty</b> Authenticity; integrity</p>	<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Social Intelligence</b> Emotional intelligence; aware of the motives/feelings of self/others; knowing what makes other people tick</p>	<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Leadership</b> Organizing group activities; encouraging a group to get things done</p>	<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Prudence</b> Careful; cautious; not taking undue risks</p>	<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Hope</b> Optimism; future-mindedness; future orientation</p>
<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Love of Learning</b> Mastering new skills &amp; topics; systematically adding to knowledge</p>	<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Zest</b> Vitality; enthusiasm; vigor; energy; feeling alive and activated</p>			<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Self-Regulation</b> Self-control; disciplined; managing impulses &amp; emotions</p>	<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Humor</b> Playfulness; bringing smiles to others; lighthearted</p>
<p><small>Used with Permission ©2009 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Perspective</b> Wisdom; providing wise counsel; taking the big picture view</p>					<p><small>Used with Permission ©2011 VIA Institute on Character. All Rights Reserved.</small></p>  <p><b>Spirituality</b> Religiousness; faith; purpose; meaning</p>



{where the world finds strength}

[www.viacharacter.org](http://www.viacharacter.org)

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# SELF-DISCIPLINE OUTDOES IQ IN PREDICTING ACADEMIC PERFORMANCE OF ADOLESCENTS

Duckworth & Seligman,  
2005



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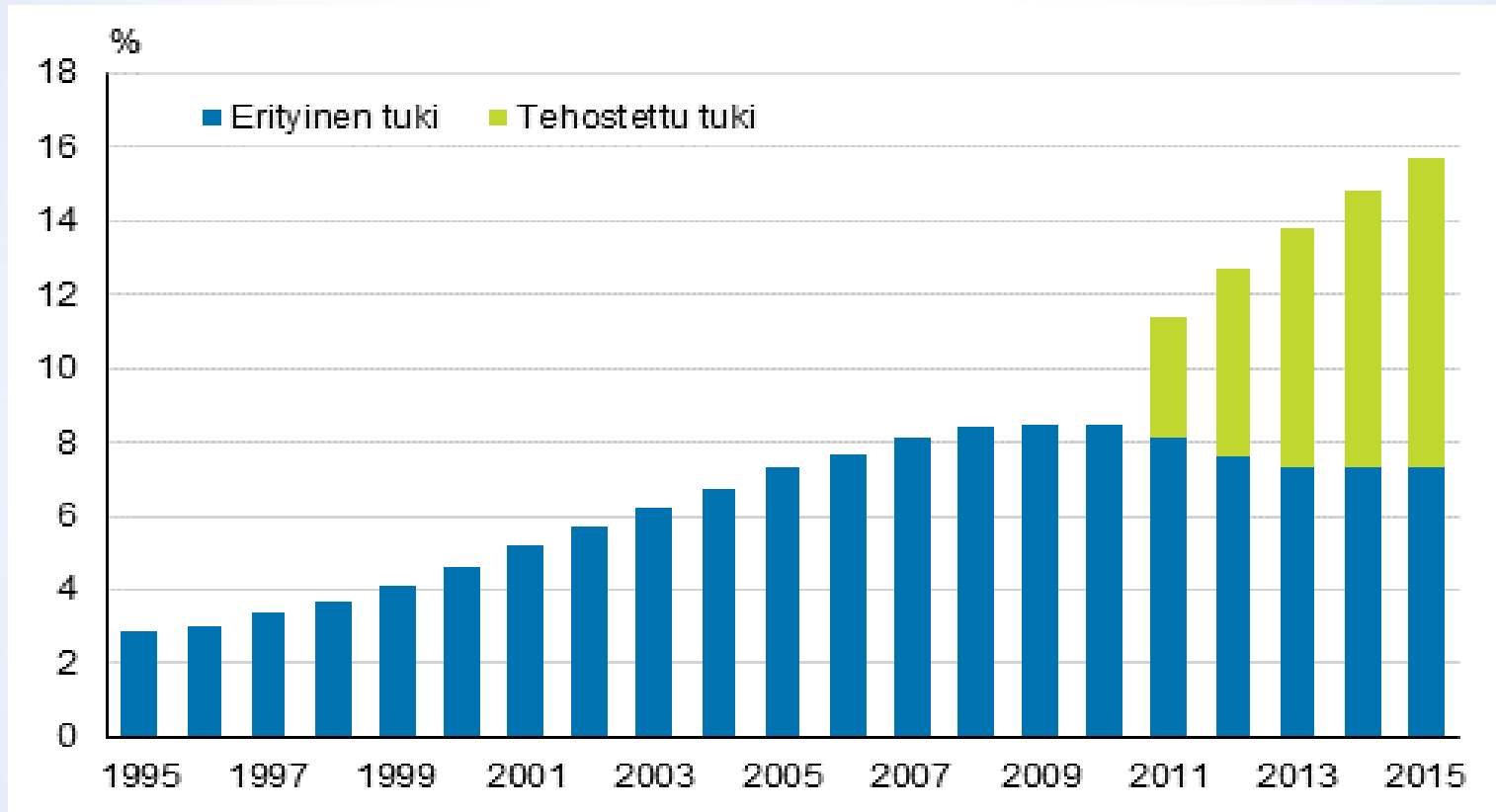
# JOONA



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# ERITYINEN JA TEHOSTETTU TUKI



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Tilastokeskus, 2016



**Kaikille suunnattu yleinen tuki**

**Tehostettu tuki**

**Erityinen tuki**

*Oppimissuunnitelma voidaan laatia*

Pedagoginen arvio

*Oppimissuunnitelma laadittava*

Pedagoginen selvitys

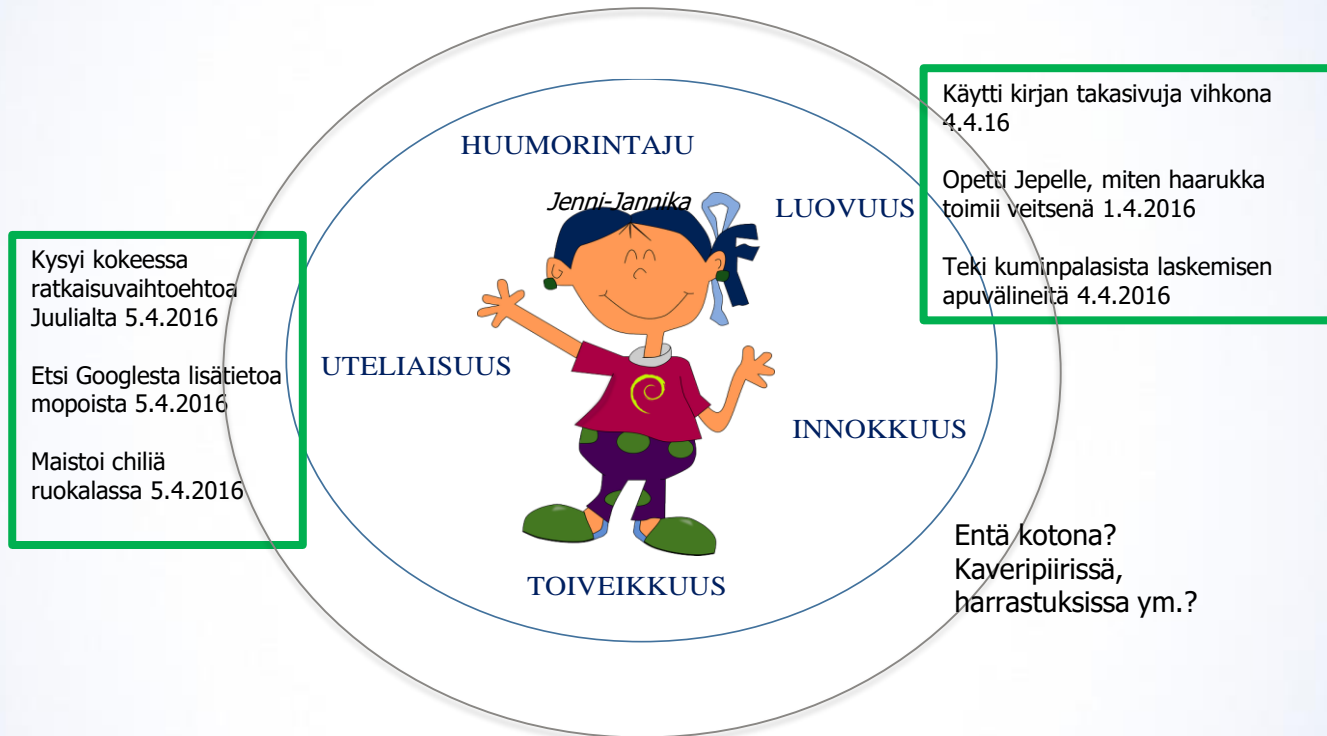
*HOJKS laadittava*

Tukimuodot	Tukimuodot	Tukimuodot
<p><b>VAHVUUKSIEN TUNNISTAMINEN JA NIILLE RAKENTAMINEN, HENKILÖKOHTAINEN VAHVUUSUUNNITELMA</b></p>		
<p>eriyttäminen</p> <p>joustavat ryhmittelyt</p> <p><b>kodin ja koulun yhteistyö</b></p> <p>oppilaan ohjaus</p> <p>oppilashuollon tuki</p> <p>oppimissuunnitelma</p> <p><b>tukiopetus</b></p> <p>osa-aikainen erityisopetus</p> <p><b>kerhotoiminta</b></p> <p><b>aamu- ja iltapäivätoiminta</b></p> <p>lk. 1.-2.</p> <p>apuvälineet yms.</p> <p>avustajapalvelut</p>	<p>eriyttäminen</p> <p>joustavat ryhmittelyt</p> <p>kodin ja koulun yhteistyö</p> <p>oppilaan ohjaus</p> <p><b>oppilashuollon tuki</b></p> <p>oppimissuunnitelma</p> <p>tukiopetus</p> <p><b>osa-aikainen erityisopetus</b></p> <p>kerhotoiminta</p> <p>aamu- ja iltapäivätoiminta</p> <p>lk. 1.-2.</p> <p>apuvälineet yms.</p> <p>avustajapalvelut</p>	<p>eriyttäminen</p> <p>joustavat ryhmittelyt</p> <p><b>kodin ja koulun yhteistyö</b></p> <p>oppilaan ohjaus</p> <p><b>oppilashuollon tuki</b></p> <p><b>HOJKS</b></p> <p>tukiopetus</p> <p>osa-aikainen erityisopetus</p> <p>kerhotoiminta</p> <p><b>aamu- ja iltapäivätoiminta 1.-9.</b></p> <p><b>apuvälineet yms.</b></p> <p><b>avustajapalvelut</b></p> <p><b>kokoaikainen erityisopetus</b></p>

• **HYVINVOINTISUUNNITELMA**

• **LAAJA TAITO- JA TAIDEAINESUUNNITELMA**

# MY PROXIMAL ZONE OF STRENGTHS, LÄHIVAHVUUKSIENI VYÖHYKE



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# LISÄÄ AIHEESTA

## Viacharacter.org

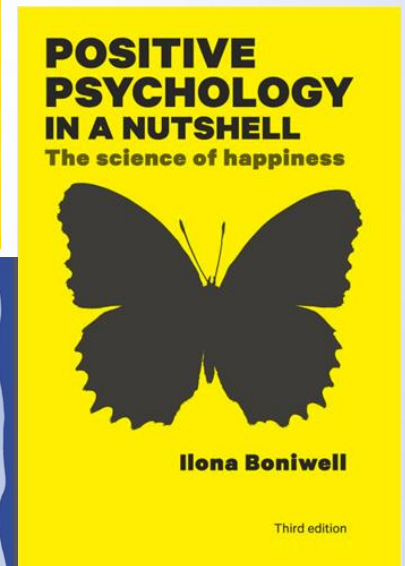
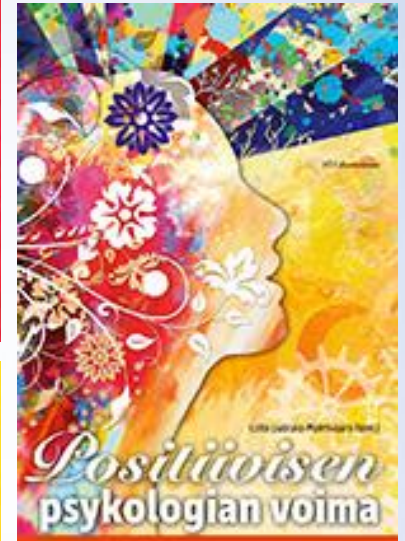
The Science of Character:  
<http://ed.ted.com/on/G0v14Tg9>

[HTTP://WWW.YOUTUBE.COM/WATCH?  
V=1QJVS8V0T1I](http://www.youtube.com/watch?v=1QJVS8V0T1I)



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Third edition





**KIITOS!**

