Thriving in Student Leadership:

How the Thriving Model Can Positively Influence Student Leadership Abilities at the College Level

Purpose

College is a crucial time for growth, as students adjust to a new sense of freedom, new responsibility, and new environments. With these significant adjustments taking place, it is important for students to understand their personal capabilities to be positive leaders.

While many factors contribute to leadership development in post-secondary education, the theory of positive psychology, specifically the Thriving Model, has the power to assist in creating a positive environment and strengthening leadership. The Thriving Model can be used to understand how intentionally using positivity reaps personal benefits and group success.

With any leadership experience, organizations or leaders will inevitably face challenges. This leadership guide aims to assist college student leaders with overcoming 10 identified challenges by applying strategies within the Thriving Model of positive psychology. This guide will provide insight for students to strengthen their leadership potential and the success of the organizations with whom they interact.

Note: Please see supplemental materials for references.