



## Three Formats of C2; Which One is Right for You?

### Overview:

The curriculum trains in 28 character strengths based on empirical and clinical research from numerous sources, primarily from Martin Seligman and Chris Peterson's Character Strengths and Virtues. It takes an hour to get oriented to the material. Preparation time is minimal as the presentation is provided. Even when the presentation is read to the students, the groups are effective.

Each of the three format option below has the following features:

- **24 DVD movie clips** illustrating each of the character strengths.
- **Complete script** on the character strength makes preparation easy
- **Key Notes:** main points with blanks to be filled in with key words
- **Journal Questions** to help the student apply the information to life
- **Challenge:** Each session ends by challenging the student to a personal commitment

### Option One: Classroom Format:

This format is designed for the administrative period, health class, or other classroom settings. It has 120 lessons, each 15-20 minutes long:

- Five sessions teach each character strength
- Three of the five sessions show a movie clip [72 clips total]
- The fifth session is a small-group or class discussion

### Option Two: Group Format:

Twenty-four sessions take about 65-75 minutes each and include:

- Three clips from a popular movie interspersed in each session to illustrate the character strength
- Group discussion

### Option Three: Independent Study Format:

This works wonders for kids in In-School Suspension. 24 sessions take 50-60 minutes each in a format designed for the student to use *with minimal supervision*.

### Outcome Study and Research:

C2's effectiveness has been validated by research under University of Michigan professor Dr. Chris Peterson [mentioned above]. Dr. Peterson is the author of Primer in Positive Psychology and numerous books, articles, and studies.

### Toolkit Includes:

1. One Presenter's Manual = *Very easy to use*, over 200 pages of information, high-quality, complete presentations, easy presenter instructions, and DVD storage pockets. It all fits nicely into one 3-ring binder.
2. One-year charter membership to Pursuing Happiness. Membership includes:
  - The 24 DVD movie clips illustrating each of the character strengths.
  - Permission to reproduce all student materials = Hundreds of \$ saved!