

The Thoughts & Feelings You Have On This Course

Instructions: *Please use the following scale to rate how frequently the statements below describe your thoughts and feelings while being a student thus far in this course.*

0 = Never 3 = Many Times
1 = Rarely 4 = Most Times
2 = Sometimes 5 = Always

Before class...

1. _____ I feel excited and enthused.
2. _____ I feel depressed and anxious.
3. _____ I get myself ready and prepare to participate.
4. _____ I busy myself with irrelevant activities or do more important things.
5. _____ I think about and imagine the pleasant experience I will have.
6. _____ I anticipate the unpleasant experience I will have.

During class...

1. _____ I feel happy
2. _____ I feel sad
3. _____ I actively participate.
4. _____ I am inactive and avoid participation.
5. _____ My mind is focused and I am absorbed in what I am learning.
6. _____ My mind wanders and seeks distractions.

After class...

1. _____ I feel satisfied and joyful.
2. _____ I feel dissatisfied and sorrowful.
3. _____ My increased interest and curiosity compels me to continue learning.
4. _____ My interest and curiosity dies and learning suddenly stops.
5. _____ I prolong class by recalling and savoring the pleasant learning experiences I have had.
6. _____ I ruminate about any unpleasant learning experiences I have had in class.



🌀 Scoring the Upward Spiral Classroom Assessment Technique 🌀

Scoring Instructions: Rewrite into the table below the ratings you gave to statements on your feelings before, during and after most classes. Note that all odd numbered statements are positive and even numbered are negative. Then add column and row totals to calculate all the subscores and scores.

| Statements | Before Neg. | Before Pos. | During Neg. | During Pos. | After Neg. | After Pos. | SUB TOTALS | Subscores |
|--------------------------------|----------------|----------------|----------------|----------------|---------------|---------------|---------------|-------------------------|
| <i>Statements 1 (positive)</i> | | | | | | | | <i>Joyfulness</i> |
| Statements 2 (negative) | | | | | | | | Sadness |
| <i>Statements 3 (positive)</i> | | | | | | | | <i>Interest</i> |
| Statements 4 (negative) | | | | | | | | Disinterest |
| <i>Statements 5 (positive)</i> | | | | | | | | <i>Contentment</i> |
| Statements 6 (negative) | | | | | | | | Discontentment |
| <i>Column Total Positive</i> | | | | | | | | <i>GRAND TOTAL POS.</i> |
| Column Total Negative | | | | | | | | GRAND TOTAL NEG. |

Computing the Upward & Downward Spiral Scores

$(\text{Joyfulness} \times \text{Interest} \times \text{Contentment}) = \text{Upward Spiral Score}$ [Is it greater than 500?]

_____ x _____ x _____ = _____

$(\text{Sadness} \times \text{Disinterest} \times \text{Discontentment}) = \text{Downward Spiral Score}$ [Is it less than 50?]

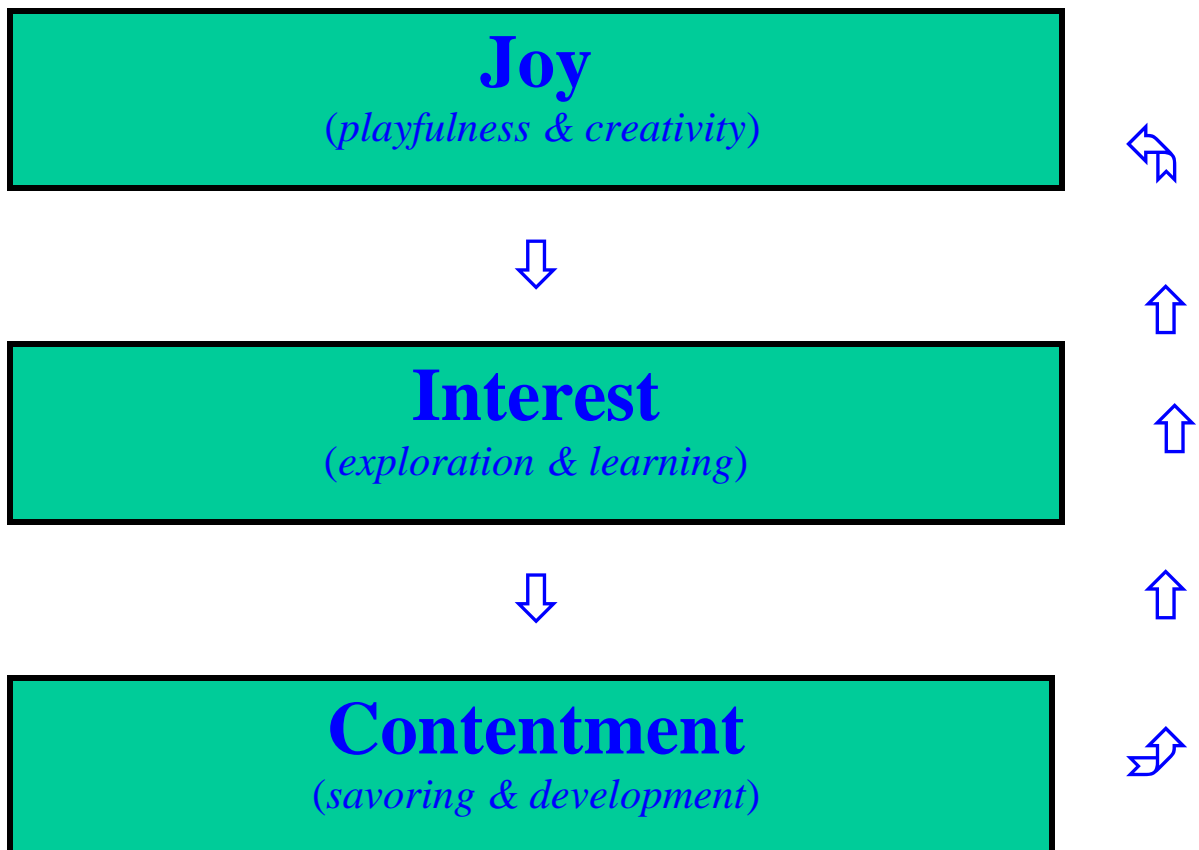
_____ x _____ x _____ = _____

Computing the Overall Flourishing Ratio

$\text{Grand Total Pos.} / \text{Grand Total Neg.} = \text{Flourishing Ratio}$ _____ / _____ = _____ [Is it greater than 4.0?]

What Good are Good Emotions?

The Broaden & Build Theory of Positive Emotions



Taken from Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: the broaden and build theory of positive emotions. *American Psychologist*, 56, 218-226.