

# Growing Gratitude at Harvard



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## Students: Cultivate a sustained gratitude journaling practice

- During shopping week, decide on a **weekly time to practice gratitude journaling**
- List **three things** that happened weekly for which **you are grateful**
- Studies show gratitude journaling can **help incoming students adjust** to college life, increase prosocial behavior and **life satisfaction**, and improve **sleep quality**

Isik & Ergüner-Tekinalp, 2017; Emmons & McCullough, 2003



## Administration: Provide all students with subscriptions to a gratitude app

- Subscriptions to **Grateful app**
- **Bridging the gap** between students and gratitude resources
- Gratitude practice in a way that is **easily accessible**, wherever and whenever one is most comfortable.
- House Administrators should encourage the use of the app with reminders on houses' weekly mailing lists



## Faculty: Nudge students by including Gratitude Space on every assignment

- Begin assignments with **professor's gratitude quote**
- Include link to form for students to submit **what they're grateful for**
- **Aggregated responses posted** onto a separate gratitude canvas page (anon)
- Studies show gratitude practice **in the classroom** buffers against the negative consequences of stress by increasing **focus** in the classroom and **resilience** in the face of academic challenges.

Wilson, 2016; Toepfer, Cichy & Peters 2012