



SIES School of Learning and Leadership Development (SIESSLLD)

TRAINING NOTE (008/2025-26)

on

Imbibing Positive Attitude Among Students

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Backdrop:

One important competency the students must develop is “positive attitude.” This is crucial as it determines the approach towards looking at life. A person with a positive attitude will always see the brighter and vibrant dimension towards any issue. Life journey of an individual is full of ups and downs; a person with a positive attitude will look even at downs of life with a glimmer of hope for future and move on. For example, not getting good marks in a subject or not passing an entrance examination or not getting selected for a job interview: these are common cases of temporary failures in life of many students. A student with a cheerful outlook will pause, ponder, try to analyse the reasons, and move on for a better tomorrow rather than feeling frustrated and crying over it. Similarly, a person with positive attitude will find greater joy in small achievements, always looks at life as a “bliss” rather than “curse” and has a high “self-esteem.”

Thus, one can see that positive attitude is one of the strong character-building cornerstones of a student and can help him / her become an individual who can take on challenges of life with ease.

Characteristics of a Person with Positive Attitude:

Some of the important traits of an individual with positive attitude are:

Good reasoning ability: This helps the students to reflect on negative aspects (like failure in examination) and move on.

Strong emotional quotient: This enables one to control emotional issues. This also helps to develop poise and confidence to face a reality of life.

Smiling demeanour: A smiling, pleasing and kind personality is key characteristics of an individual with positive attitude. The person never takes anything personally and always practices compassion with self and others.

Sense of humour: Persons with strong sense of humour are often found to be associated with trait of positive attitude. This is because they can take things amusingly rather than seriously all the time.

Developing Positive Attitude:

Some of the strategies a student should follow to develop positive attitude include:

Healthy lifestyle: This is crucial as all thoughts are in mind and healthy physique is often associated with a sound mind. The young people should, therefore, develop a “good and healthy lifestyle” that includes all aspects like food, exercise, meditation, sleeping pattern, among others. If we keep our body fit and mind agile, many of the attitudinal aspects can be managed.

Good social connect: This is another important aspect. Students are always advised to make friends with those who have positive attitude and avoid proximity with people of negative attitude. This helps in long run.

Sound reading habits: Mind largely depends on what we do and how we regulate it. One of the ways to regulate mind is to develop reading habit of good books like acclaimed biographies, success stories of diverse types, which will promote positive attitude. Every student should spend at least one hour in such reading in a day.

Doing good acts: Socially relevant good acts promote sense of well-being in the mind of the giver. The students should, therefore, actively engage in socially responsible activities like spending time with elders, doing community service, engaging in charitable acts; these will promote a sense of well-being thereby development of positive attitude.

Role of Academic Institutions:

The institutions have a significant role to play to help develop this important attitude among students through creating a conducive ambience as well as with supportive acts. Some of the strategies they can adopt include:

Creating inclusive and supportive academic climate: This is particularly important for developing positive attitude among all students in a class. Students should feel they are accepted and respected; their views are taken into consideration while making any change. This feeling itself nurtures positive attitude among the young minds.

Quick resolution of student issues: This is another strategy the institutions must resort to. There should be quick “redressal mechanism” to handle and resolve all student issues and problems. This will help the students to feel that the institution “cares for them.” This feel-good factor

creates a positive vibe and help developing positive attitude among students.

Effective functioning of student counsellor: Every HEI will have a counsellor but how we use them (quicky, effectively and with a human touch) to resolve the “student issues” will have a crucial role. The student counsellor should identify the problem cases (depression, anxiety, etc.) at an early stage and take remedial measures quickly so that the affected students can get back to normalcy as early as possible. The role of parents also sometimes becomes crucial in such cases.

Organizing appropriate activities: Besides academics, the institution should constantly engage / involve the students in “outbound activities” that help in developing empathy and compassion among the students. This includes taking them to orphanages, old age homes, prisons, etc. and expose them to “community service” so that the students evolve into good human beings with passion and confidence. This approach automatically fosters developing positive attitude among students.

Moving Ahead:

Having a positive attitude is the key cornerstone of success in both personal and professional journey. Every young person should, therefore, make it a point to develop this much required attitude while in college itself by conscious practice. Institutions can help to some extent; but it is more of individual intent and practice. The educators should appreciate that they need to develop the young minds in such a way that the “future citizens of the country” are courageous and have a strong positive attitude.
