
APPENDIX 27.1: Instructions for Intervention Proposal Groups

You will compete in small groups for a \$100,000 grant from a positive psychology–focused foundation that seeks to promote character strengths within a community, organization, or large group. One group of students will represent the foundation and develop a rubric to rate each proposal. You will present your proposal to the foundation (the small group representing the funders, that is, the group of individuals/judges at the foundation who decide which grants get awarded money) and the entire class, and the funders will rate your proposal based on a rubric they develop. You may choose to decide the best way to present your plan (Shark Tank–style), but bear in mind that each group will have only {INSERT TIME} minutes for this presentation. The presentation may be done by one, multiple, or all members of the small group, but be sure to integrate the contributions of each member.

First, your group must decide on one of the 24 positive psychology strengths you would like to promote, and you must determine a community or organization (e.g., geographic neighborhood, school or campus, community-based organization) that will benefit from a programmatic intervention to enhance the positive psychology strength selected.

In developing your plan, you must discuss

1. the fact that all communities possess existing strengths; therefore, your task is to promote, empower, and amplify existing areas of positivity;
2. how you will rely on the expertise of the community or organization rather than assume you know the best approach as an outsider; and
3. how inculcating positive psychology strengths on a meso- or macrosetting is much more complex than working at the individual or microlevel.

Your group’s deliverable is a proposal for an intervention program that amplifies a positive psychology strength in the setting you have chosen that includes the following five components:

1. a definition of the selected positive psychology strength and why that strength was chosen
2. a description of the intervention activity/activities that will be implemented to promote the character strength
3. a description of the participants and what participants will do that leverages community strength and expertise
4. a description of the budget
5. a description of how you expect the participants to be affected at the macro- and mesolevels and an analysis plan for program effectiveness

After creating your plan, your group will present your proposal to the funder group (and the entire class) to be rated to determine which group will receive foundation funding.

INSTRUCTIONS FOR FOUNDATION FUNDERS GROUP

While the small groups are discussing and creating their proposals, you—the funder group (i.e., the group of judges that will decide who is awarded the foundation grant[s]) will gather to do the following:

1. review the 24 positive psychology character strengths
2. discuss, develop, and finalize criteria for judging the program proposals that are being developed by the other small groups
3. create a rubric for determining which of the proposals deserve to be funded from the \$100,000 foundation funds they must distribute with an emphasis on
 - how well the groups define the positive psychology strength
 - how well the proposed intervention activities align with positive psychology and the promotion of strengths
 - how well the groups provide evidence of how the intervention has been conceptualized at the macro- and mesolevels
 - how realistic and feasible the intervention will be at the macro- and mesolevels

After the proposal groups have completed their presentations and you have completed the rating rubric, each group will choose how to present their program in a manner that integrates the participation of each group member. The presentations will be made to the funder group and will be rated based on the rubric developed. There will be a strict time limit for the presentations. As a foundation group of funders, you may add additional criteria on which the groups will be rated (e.g., how persuasively and cohesively can proposals be presented in elevator- or Shark Tank-style, time-limited presentations). After all the presentations, you will gather your group to compare ratings, briefly deliberate, and determine and announce the winning proposal(s) with justifications based on your rubric.