

# Positive Psychology, Happiness, Mindfulness, and Wellness

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## Exploring the connection between university academic travels, a love of learning, experiences of flow, and a positive outlook on life among international students

**Lori P. Montross**

PhD, Franklin University Switzerland

**Statement of Problem:** In response to the rapidly advancing areas of work around the globe, many universities are strategically considering ways to increase students' international experiences and inclinations for lifelong learning. Previous research suggests that a love of learning, frequent experiences of dispositional flow, and positive outlooks on life may all enhance a desire for lifelong learning, but it is unclear what types of university programs may best improve learning in these areas.

**Purpose of this study:**

This study explores university students' experience with an international academic travel program and its relationship to students' self-reported love of learning, frequency of dispositional flow, and positive outlook on life.

**Methodology:**

A mixed-methods survey was completed by 119 international students to assess their amount of university academic travel, frequency of dispositional flow, self-reported love of learning, and outlook on life as described in general life metaphors.

**Findings:**

The majority of students in this study had completed between one and four academic travels during their university program. These students reported a strong love of learning, frequent experiences of dispositional flow, and described positive life metaphors. Correlations will be further analyzed to assess the exact relationship between these study variables, and 22 qualitative interviews will be conducted to gather more data regarding the students' narratives of their travel experiences and how those experiences impacted their love of learning and outlook on life.

**Conclusion:**

This study found a strong self-reported love of learning, frequent flow experiences, and positive outlooks on life among students who completed international academic travels as part of their university experience. These initial results suggest that academic travels may relate to larger aspects of lifelong learning, therefore, recommendations for how to incorporate academic travels into university programs are provided

### Biography

Dr. Lori Montross is a clinical psychologist, mixed-methods researcher, and educator with over 15 years of experience.

lmontross@fus.edu

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