

Attitude of Gratitude

Employers are seeking students and graduates who are proficient in their field and who have a strong grasp of the soft skills including: social graces, communication, friendliness, relationship building, etc.

NTC's Student Development Team including Student Life and Career Services can help you:



- * prepare for job fairs and interviews
- * develop self awareness
- * practice common interview questions
- * tackle attitude, ethics and integrity
- * acquire networking skills
- * learn how to be a part of a team
- * and so much more

Check out our online resources:
studentlife.ntc.edu/soft-skills



WHAT GOOD IS GRATITUDE? REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

CHARITY

GRATEFUL PEOPLE ON AVERAGE GIVE
20% MORE  & 


COMMUNITY

GRATEFUL
PEOPLE WILL HAVE A STRONGER BOND WITH THE LOCAL COMMUNITY

WORK

HAPPY PEOPLES'S INCOME IS ROUGHLY
↑ 7% HIGHER ↑

YOUTH

13% FEWER FIGHTS
20% MORE LIKELY TO GET  GRADES

GRATEFUL TEENS ARE
10X LESS LIKELY TO START SMOKING 

PSYCHOLOGICAL

GRATITUDE IS RELATED TO AGE:
FOR EVERY 10 YEARS,
GRATITUDE INCREASES BY **5%**

HEALTH

GRATEFUL PEOPLE WILL:

HAVE 10% FEWER STRESS RELATED ILLNESSES
BE MORE PHYSICALLY FIT
HAVE BLOOD PRESSURE THAT IS LOWER BY 12%



FRIENDS

MORE SATISFYING RELATIONSHIPS WITH OTHERS, AND WILL BE BETTER LIKED



WHERE?

THE **MOST** GRATEFUL COUNTRIES ARE:

S. AFRICA, UAE, PHILIPPINES & INDIA

THE **LEAST** GRATEFUL COUNTRIES ARE:

NETHERLANDS DENMARK, HUNGARY CZECH REPUBLIC & UK

LIFE

OVERALL
POSITIVE EMOTIONS CAN ADD UP TO **7** YEARS TO YOUR LIFE