



MAPP Alumni Newsletter - Summer 2010

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Alumni

Penn Master of Applied Positive Psychology

Inside this edition:

Summer 2010

As many of us in the northern hemisphere head out for relaxing or adventuresome holidays, the world-wide work and growth in positive psychology continues. As always we are both challenged and inspired by the work of our colleagues and teachers, and celebrate and welcome the most recent MAPP graduates. This edition draws on the kaleidoscope of exciting initiatives put forth by Marty in his semiannual “State of Positive Psychology” call, attended by 57 of our group. Inside you’ll find:

- An update of our recent voluntary dues drive from our current Alumni President, Dave Shearon '06 (page 3)
- A summary of and links to the recording from Marty’s call, along with related updates on positive neuroscience and Marty himself (pages 4-6)
- A rich, international plethora of upcoming positive psychology-related conferences, including our own October 22nd-24th MAPP Summit and the 2011 IPPA Congress which will return to Philadelphia.
- “APP after MAPP” shines the spotlight on positive education, with many of our alumni providing updates of their work in the field. (pages 10-12)
- SIG and Regional Group activities, which include the active new group MAPP Bloggers! (page 13)
- Important information on how to update your bio for the Penn website. (page 14)
- In “News You Can Use,” you’ll find a valuable guide to the resources available on ning and other locations that offer tips to access research, MAPP class materials, and contact information for all of our alumni group. (pages 15-16)

Thank you to all of our *wonderful* contributors to this edition! Your generous work helps us all to remain inspired and connected. As you head off to savor the fireflies at the swimming hole, or venture to the other side of the world, take us with you; renew, reenergize, and “suck the marrow”! Then return and share your gifts of insight that will enrich and inspire the continued magic of MAPP. As always, we will be working on the next newsletter soon. Please feel free to suggest topics and/or write an article!

With gratitude to all current, past, & future contributors,
Virginia Millar '08

Editor

ginnyum@aol.com



A note from our MAPP Alumni President, Dave Shearon '06

Topic: Voluntary Dues Drive



All of you should have recently received an email describing the progress of our alumni organization and the purpose for implementing voluntary membership dues. Thank you to all who have already responded! Asking for money isn't a favorite activity for most of us; however, our group's accomplishments and future goals require some funding. As we all move forward together, we are asking each alumni to make a voluntary, tax-deductible contribution -- \$40 suggested. Some will be able and want to do more. For others, prudence will dictate less. Every contribution, however, adds a strand of support for our work with each other!

Your contribution matters. Members of your current and former Boards have already donated over \$1200 dollars. THANKS!! But, that is barely enough to cover the expenses we incurred getting incorporated and achieving a 501(c)(3) charitable organization status with the IRS. Your contributions are what will allow this Board and the next to keep moving forward.

You gave us priorities in a 2008 survey (and the 2009 Board members confirm these goals as well). They include:

- **Professional Networking:** Supporting connections between MAPP Alumni as we work to increase the total tonnage of happiness in the world and Marty's 51% goal (and make a living while we're doing it!).
- **Continued Learning:** Helping MAPP Alumni stay current with and have access to research reports from across the broad front of positive psychology.
- **MAPP Camaraderie:** Offering varied opportunities to keep alive the wonderful social connectedness that is such a great part of MAPP.

We have made progress on these goals - you can read about some of that in this newsletter - and we've got ideas for more. Your contribution can make it happen. You can give the next Board (for the FIRST TIME!), sound financial footing and resources for the work!

So, how about it? We hope you will be a part of what is, after all, a great work! Visit this page in Ning to contribute:

<http://mappcommunity.ning.com/page/mapp-dues>

With continued gratitude for your support,

Dave Shearon & your Alumni Board

Dave.Shearon@yahoo.com

Recent Positive Happenings

The State of Positive Psychology: Our Semiannual call with Marty Seligman May 19, 2010

Reported by Virginia Millar '08



One of the highlights of the MAPP year is always our opportunity to reconnect with Marty on our “State of the State” call. The joy seemed mutual as Marty reflected on his latest theories and initiatives in positive psychology.

Our dynamic Director, James Pawelski, introduced the call with updates on the upcoming MAPP October Summit and 2011 IPPA Congress which will return to Philadelphia (See complete information for these in the Upcoming Events section). James also spoke on one of the latest PP initiatives most dear to his philosophical heart - Positive Humanities, considering how the perspective of PP might be applied to multiple other disciplines, like the ubiquitous applications of Freud’s work. James promises to keep us posted on this rich new realm.

Marty then enthusiastically launched into the many trails he is

blazing in bringing the science of positive thinking to the world. He is in the final rewrite of his new book, The Search for Wellbeing, to be published next spring. Look for the chapter on the “Magic of MAPP” - created with input from many of you! Our “magical” piece will transition the reader into the section on Positive Education.

Marty shared his latest thoughts on the ever-engaging “Four Pillars” which are now Positive Emotion, Meaning, Relationships, and Accomplishment. Strengths are considered the underpinnings of all.

Positive neuroscience also continues to evolve. Marty described the variety and depth of the recent applicants for positive neuroscience grants at Penn. Read the adjacent update from Denise Clegg '08 who, along with Marty, will be notifying the recipients (and us!) in the next few days.

Marty then spoke about the possibilities of “positive computing”, citing the potential found in cell phone apps for taking PP viral - as assessment tools, interventions, and in spreading positive video games.

Additionally, Marty updated us on the PRP work with the military and noted the benefit of the huge database being created as 1.1 million soldiers experience the benefits of positive psychology and resilience training. He also described the exploration that he is beginning into the realm of spirituality and health (in conjunction with the Templeton Foundation) and his excitement at delving into the “gee-whiz” questions of luminal experiences.

Fifty-seven alumni participated in the call and some of us queued-in to ask our own follow-up questions. Of course the hour flew by, and as always, Marty left us wanting more! You can listen to the entire call via playback at (712)432-1085 Access Code: 919871, or download it from the State of PP Group on Ning at <http://tinyurl.com/Marty-May-19>, where you can also post your comments!

Positive Neuroscience Update Denise Clegg '08, Program Officer, Positive Neuroscience Project

The Positive Neuroscience Project is on the verge of announcing the winners of the Templeton Positive Neuroscience Awards. The project will grant \$2.9 million in award funding to 15 new research projects that help us better understand how the brain enables human flourishing. The Award winners will be announced in July.

In 2009, we received 190 complete applications representing 249 researchers from around the world (many of the projects were collaborative). Marty Seligman and I reviewed the applications and assigned them for in-depth review by our Steering Committee, according to research expertise. The Committee invited 33 researchers (representing 22 projects) to submit full proposals. The
(Continued on next page)

Positive Professors:

The State of the State of Martin Seligman

By Lisa Jacobson '08 & Elaine O'Brien '08

Father of Positive Psychology, Marty Seligman, began 2010 by reaching a personal goal: to walk 5,000,000 steps in one year. As part of an online walking club and inspired by his friend, colleague, fitness model, and fellow former APA president Ray Fowler, Marty reflected on reaching this tremendous mark, "...needing only 1175 (steps to reach the five million mark), today was the first day in almost two years that I vegetated and walked only as much as I did before Ray's CGS speech." Thoughtfully considering future exercise goals, he savored his accomplishment and then celebrated with his family.

Positive Achievement

2010 has been a year of achievement for Marty. Recently featured for the cover article of the Philadelphia Inquirer, "Health, Defining Lives: The power of a positive thinker," Marty, described as a "rock star," discusses meaning and purpose in his life as well as his goal of advancing the well-being of the world-one sector at a time.

http://www.philly.com/philly/health_and_science/95203009.html

Marty is also in the final rewrite state of his newest book the Search for Well-Being, coming out next year.

Marty has just embarked on a 4-city tour of Eastern Europe with the hope of "galvanizing interest" in Positive Psychology Eastern Europe.

- In Vienna, 24th, June 2010, Marty leads a Positive Psychology Symposium: "New Ways for Counseling, Therapy and Coaching."
- In Prague, 29, June, the symposium is: "The role of character strengths and positive emotions in education, business and therapy."

- For his first time presenting in Wroclaw, Poland, 3rd July, Marty's symposium topic will be, "How to Use Optimism."
- Berlin, 10 July, features a Positive Psychology symposium: "Resource orientation in Consulting, Coaching, Pedagogy and Psychotherapy."
http://www.seligmaneuropa.com/index.php?option=com_content&task=view&id=28&Itemid=44

At his Fiftieth High School Reunion: "Be drawn by the future!"

During the May 19 call with alumni (full coverage previous page), Marty, with a smile in his voice, fielded questions from MAPPsters and shared his plans to attend his high school reunion the next day.

Celebrating his 50th year graduation from Albany Academies, Marty was honored as the Distinguished Alumnus. Asked to give a 3-minute talk, below are the remarks he addressed to his 1960 classmates.

"What is the likelihood that you will be alive to attend our 70th reunion? I am pleased to see how very healthy almost all of you are at the 50th, so your life expectancy now is over 20 years. Sixty-seven year old men were all washed up and waiting in the rockers to die when we were boys in this school fifty years ago.

There are two known factors that will maximize our gathering here in 20 years:

(continued on next page!)

Positive Neuroscience

Continued from previous page

finalists then traveled to Philadelphia in June 2-3, 2010 to present their proposals at the Positive Neuroscience Finalist Symposium, held at the University of Pennsylvania.

The Award winners will launch a body of research at the intersection of neuroscience and positive psychology. Their work explores a range of topics, from the biological bases of altruism to the effects of positive interventions, pleasurable touch, parenting, social goals, and spiritual practice on the brain and behavior. All of the research is relevant to Positive Psychology practitioners, and the MAPP community will be among the first to know about this exciting new research! I will post an update to MAPP alumni very soon, and details about the award-winning projects will be posted on the project website -

www.posneuroscience.org



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State of Marty Seligman, continued

1. *First, be drawn by the future rather than dwelling in the past. Optimistic people live about 9 years longer than pessimists, holding known risk factors constant. Not just your personal future, but also the future of your family. Of your community, of this school, of the nation, and of humankind. Work toward a positive human future.*

2. *Exercise. Merely walking 10,000 steps every day (about 5 miles) markedly cuts your risk for cardiac death. It is at least as important as weight - fit fat people live markedly longer than unfit thin people - moderate exercise may be the equivalent of not smoking two packs of cigarettes per day.*

I will see you all in 2030."

He said he was pleased at what good physical shape his classmates were in and shared, *"I told them to be optimistic and to exercise...then they would live to their 70th reunion."*

The father of positive psychology genuinely lives and practices his research findings. While some would argue, Marty's strongest talent is his vision. He also demonstrates a pronounced passion for beauty and excellence. The beauty of Marty's roses is beguiling: seducing onlookers to be in the moment and experience awe. The lovely photo Marty shared of roses from his garden is an example of how Marty quite literally cultivates joy.



In Memorium

While this latest edition was underway, the positive psychology community sadly learned of the death of John Abela. In Marty's words: *John died while doing what he loved most: making the psychology of the future happen. John was the conceiver and founding director of the Penn Positive Center's new postdoctoral program. Under his direction he had gotten 96 applicants, and we had admitted 3 sterling candidates for fall 2010, our first class. John Abela, 39 died with his boots on, using his highest strengths, his strength of creativity, his strength of social intelligence, his strength of persistence, and his strength of kindness in the last moments of his life. There can be no better death.*

MORE RECENT POSITIVE HAPPENINGS:

Inaugural Exercise is Medicine World Congress

By Elaine O'Brien, MAPP '08

A combined summit of the 57th American College of Sports Medicine (ACSM) annual meeting and the inaugural Exercise is Medicine World Congress was held June 1-5, 2010 in Baltimore, Maryland. Delegates came together from more than 50 countries with a goal to: Unite with others across borders to build a healthier world, and to globalize Exercise is Medicine as a positive movement.

The American Medical Association (AMA) and ACSM are building a strong advocacy worldwide, helping encourage people to become more active for better health. Exercise is Medicine, their joint initiative, is an extraordinary forum of global leadership addressing the impact of physical activity on disease prevention. Fostering a merging of the fitness industry and the medical field, the principal idea here is that exercise is a free "medication" everyone can take. Exercise is the best medicine, with proven health benefits, including helping lower mortality rates. Exercise helps prevent chronic illnesses, including heart disease, high blood pressure and diabetes. Exercise also has few negative side effects, when done properly. Getting people more active will help alleviate the epidemic of inactivity we are now facing in our homes, communities and around the world.

Watch for an in depth article about the Exercise is Medicine World Congress, including my interview with U.S. Surgeon General Vice Admiral Dr. Regina Benjamin in the July 31, 2010 issue of Positive Psychology News Daily.

MEETINGS & CONFERENCES AROUND POSITIVE PSYCHOLOGY

Reported by Elaine O'Brien, MAPP '08

Within the US:

PALM SPRINGS, CA

Inner IDEA

September 23 - 26, 2010

<http://www.inneridea.com/conference/inner-idea-conference-2010>

Inspiring the world to fitness for more than 25 years, this IDEA conference will encourage fitness and wellness professionals to explore the exciting science of holistic mind-body-spirit practices, and their applications and benefits. Mindfulness techniques and therapies including physical movement, nutrition, meditation, relaxation and breathing techniques, stress management, coaching and many other transformative personal-growth experiences will be highlighted.

BOSTON, MA

Institute of Coaching

September 24-25, 2010

McLean/Harvard Medical School Coaching in Leadership and Healthcare Conference, at the Boston Renaissance hotel.

<http://www.instituteofcoaching.org/index.cfm?page=conference>

This science of coaching conference will be an exciting experience for 500+ attendees, who will learn the latest in coaching theory, research and practice.

WASHINGTON, DC

Gallup Wellbeing Forum

October 7-8, 2010

The Gallup Building at 901 F Street, NW, in Washington, D.C. The cost to register is \$1,895 (U.S.) per person; a special rate of \$495 is available for full-time university faculty, federal or military, and students.

Speakers will include:

Jim Clifton, James K. Harter, Daniel Kahneman, Shane Lopez, and Tom Rath.

<http://www.gallup.com/consulting/wellbeing/118021/Gallup-Well-Being-Forum.aspx>

Upcoming Events, Continued

PHILADELPHIA, PA

University of Pennsylvania 3rd Annual Penn MAPP Summit

Oct 22-24, 2010

Esteemed speakers include:

Brigadier General Rhonda Cornam,

U.S.Army Soldier Fitness Program

Dr. John Cassiopeia, Interpersonal Relationships and Trust

Drs. John and Julie Gottman



PROVIDENCE, RHODE ISLAND

Association for Applied Sport Psychology 2010 conference

October 27-30, 2010

<http://appliedsportpsych.org/home>

The Association for Applied Sport Psychology (AASP) promotes the ethical practice, science, and advocacy of sport and exercise psychology. AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport, exercise, and health psychology.

PHILADELPHIA, PA

2nd IPPA World Congress on Positive Psychology

at the Sheraton Philadelphia City Center

July 23-26, 2011

Registration to open in late summer of 2010

<http://www.ippanetwork.org/IPPANETWORK/IPPANETWORK/Home/>



Around the world:

VIENNA, AUSTRIA, PRAGUE, CZECH REPUBLIC, BERLIN, GERMANY AND WROCLAW, POLAND

JUNE AND JULY 2010

Dr. Martin Seligman's European Network of Positive Psychology

http://www.seligmaneuropa.com/index.php?option=com_content&task=view&id=28&Itemid=44

OSLO, NORWAY

July 26th - August 6th 2010

Summer School in Comparative Social Science Studies

Positive Psychology and Concepts of Well-being across Cultures and Societies: Promoting the Good Life Of Individuals and Communities, Professor Antonella Delle Fave, M.D.

<http://www.sv.uio.no/oss/>

Within this recent and innovative framework, researchers will be investigating subjective well-being, creativity, personal strengths and resources, taking into account implications for both individual growth and community development. This approach can be used to design projects addressed to people who have to cope with disadvantages, be they related to health conditions or to social maladjustment. Integration of these complexities radically challenges the social cohesion of old and new societies.

VANCOUVER, BC

International Meaning Conference

[August 5, 2010](#) to [August 8, 2010](#)

<http://www.meaning.ca/conf-20...>

Creating a psychologically healthy workplace: Meaning, spirituality and engagement. INPM brings together world's leading thinkers, researcher, and practitioners to tackle the challenge of creating positive organizations that can survive and flourish in a difficult and uncertain economic time.

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International Events, continued

BEIJING, CHINA

Tsinghua University

Positive Psychology in Chinese Cultural Context International Conference

August 7-10/2010

<http://www.happy-sci.org/conference/howto/default.asp>

Organized by the Department of Psychology, Tsinghua University and the Ministry of Education in China, this multi-disciplinary event will aim to foster collaborative projects around positive psychology and human happiness. Positive Psychology, Social and Cultural Psychology, Science of Happiness, Mental Health in the areas of education, business, economics and public policy will be presented.

Keynote speakers include Dr. Chris Peterson, Dr. Nansook Park, Dr. Dacher Keltner, Dr. Kaiping Peng, and Dr. Robert Wright.

MAPP presenters are Sulynn Choong '06, Kaori Uno '07, Elaine O'Brien '08, and Emily Von Sonnenberg, Jan Stanley, and Yukun Zhao, all MAPP '10! Yukun Zhao, liaison, is a leading edge Positive Psychology scholar and visionary.

**BEIJING, CHINA****FIRST INTERNATIONAL POSITIVE PSYCHOLOGY CONFERENCE (IPPC)**

Global Chinese Positive Psychology Association

Beijing Normal University

AUGUST 13-15/2010

<http://www.medu.cn/show.aspx?id=620&cid=5>

The main theme of the IPPC is Positive Education in China. Subjects include: positive traits, virtues, and character strengths in our youth; the theory and methods of enhancing the well-being of the youth; the practical application of positive education; and the vulnerability and resiliency that youth are faced with adversities.

700 academicians, practitioners, teachers, and staff are expected to attend the conference including Dr. Martin Seligman (video, University of Pennsylvania), Dr. Christopher Peterson (University of Michigan), Dr. Felicia Huppert (Cambridge University), Dr. John Abela (Rutgers University), Dr. Nansook Park (University of Michigan), Dr. Anthony Seldon (Willington College), and Mr. Stephen Meek (Geelong Grammar School).

MAPP alumni leading symposium are Sulynn Choong '06, Kaori Uno '07, and Elaine O'Brien '08. Attending will be Paki Tando '10, and presentations will also be given by MAPP '10's Yukun Zhao, Emily von Sonnenberg, and Jan Stanley. Yukun Zhao is a conference organizer and V.P of the Global Chinese Positive Psychology Association.



By Lee K. Bohlen '08 & Eleanor Chin '08

Our "App after MAPP" column this month highlights the application of positive psychology in formal educational settings. To that end, we reached out to all alumni and asked the following questions: What is your school setting? What areas of PP are you implementing? How is it going?

A special thank-you to all who responded! We are impressed and fascinated by the variety of strategies, audiences and settings in which positive psychology is being applied by MAPP alums and we think you will be too. Enjoy the magnificence of your fellow/sister alumni!

Louis Alloro '08

I've expanded my work with a strong focus on schools to include any learning organization, really (Peter Senge's stuff) - a business, a nonprofit, even a book club. The concept I'm developing is called xyz Organization 3.0TM, taking your learning organization to the next level, the next generation. The 3.0 process includes coaching, training (professional and personal development, leadership, positive psychology) and facilitation of an appreciative inquiry process - always starting with what's good. I have a couple of opportunities brewing that will help evolve 3.0, a process as dynamic and beautiful as the organizations attracted to its service. Always looking for collaborators, associates, and friends!

Jenny Anderson '09

Since the completion of my MAPP degree I have been hired by the University of Delaware to teach undergraduate level courses in positive psychology. My course has grown from a 5-week summer course to a full semester course with a current enrollment of 100 students. The University has just approved positive psychology to fulfill a general course requirement for psychology majors. I have loved teaching this course and am constantly amazed at the impact that it has had in the lives of my undergraduate students.

Nikki Bardoulas '08

I am currently working in an inner city charter school in Chicago. In terms of implementing MAPP, I am teaching courses in psychology with a unit on positive psychology. The course is for high school seniors and the unit is at the end of the semester where we focus on savoring, gratitude, beliefs, and some future goals. (During a recent savoring activity, one student reflected on making the most of some quality family time while another thoroughly enjoyed slowly eating her flaming hot cheetos:). Otherwise, I am currently the Department Head for Social Studies so I try work some of our coaching training into my interactions with my coworkers, particularly with the mentoring of first years teachers I did this year.

Dan Bowling '09

I am a Senior Lecturing Fellow at Duke Law School (fancy way to say non-tenure track!). For the last two years I have incorporated positive psychology into my course "Practitioner's Guide to Labor and Employment Law"; namely, what psychological and behavioral factors go into work relationships that result in the polar extremes of thriving and litigating. I have also taught seminar courses on positive psychology and lawyers. This fall, as part of the standard curriculum, I will teach Well-being and the Practice of Law, a review of positive psychology and its applicability in law schools and law firms. This, to our knowledge, is the first course of its sort in a major law school, and the Dean and I have high hopes that it is successful. I'll try not to blow it.

Sulynn Choong '06

Since 2007, I have been teaching Introduction to PP, Psychology of Strengths, PP for Business, and Positive Living (everyday applications of positive psychology), at the Positive Psychology Center, Singapore, an educational institution specialising in applied psychology courses. These classes form a module of advanced diploma courses for pre-University students, corporate executives, some counselors and trainers.



Kirsten Cronlund '08

I am currently stepping into the next phase of fulfilling the dream that brought me to MAPP in the fall of 2007: bringing positive psychology to education. I will be the Director of the Bryn Athyn Church School, a K-8 private school with about 300 students in a suburb of Philly. My main duties will include supervision and evaluation of faculty, overseeing the discipline system, maintaining a healthy relationship between school and parents, and promoting high morale within the school. The school has recently undergone many changes, and work needs to be done to raise overall well-being. My work at BACS will be informed by both my MAPP degree and my recent MPOD (positive organizational development) degree, and I would love to collaborate with anyone else who is interested in Positive Education!

Sean Doyle '07

This fall, I will be teaching my second semester of positive psychology at North Carolina State University in Raleigh. Although I had several students who already completed graduate degrees, the survey course is for senior undergraduates. About half of the 50 students take the course live, with the rest completing the class via distance education. The distance education element created both challenges and opportunities, including several students posting their Positive Introduction publically on YouTube. I was also a guest lecturer at University of North Carolina Chapel Hill School of Law, where I administered the VIA with the law students, and worked with them on using their strengths and values to connect with clients, rather than disassociating with that part of themselves.

Emma Judge '06

I am working in the public sector supporting the UK Implementation of the PRP. It is a very exciting time—by the end of 2010 this wonderful curriculum will be being taught in over 70 schools all over the UK and we will have trained more than 400 teachers. Momentum

and interest continues to build, despite (or perhaps because of) tough economic times and we are developing trainers based in the UK with all the support from the Penn team. Many private schools are also interested in well-being and I have been lucky enough to work as an advisor to many of them running workshops to give teachers an overview of what's possible and helping them think through their approach.

Christopher Maxwell '09

First implemented in 1993, Management 101 is a required course taken by all entering undergraduates at Penn's Wharton School. Taken by over 500 freshmen and 150 transfer students, the course focuses on building skills in leadership, teamwork, and communication. Through team-based field projects, written and oral assignments, simulations, and reflective exercises, the course bolsters strengths and fosters student competence in building positive, supportive, and collaborative relationships. In my Capstone paper, I proposed further aligning the course with principles of positive psychology.

We now require all students to complete the VIA Character Strengths survey and have introduced a new team-based exercise, which fosters appreciation of individual and team strengths and values. Each Wharton School entering freshman is now required to complete an online resilience skill-building program before their arrival on campus. We also now deliver an instructional program focused on character strengths, resilience, and explanatory style, to all Management 100 course TA's. Finally, we ask participants in [Wharton Leadership Ventures](#) expeditions (most recently to Mexico and Iceland) to complete the character strengths survey, to craft a positive introduction, and to complete the Reflected Best Self exercise at the completion of the expedition.



Virginia Millar '08

I continue to teach 8th Grade, Special Education in Atlantic City, NJ. While the assigned curriculum does not permit me to formally teach positive psychology, I have incorporated it into the other subjects. For example, we complete a strengths survey and use this as the basis for surveying and graphing data activities in math. It also serves as a springboard for many writing assignments on future goals and yourself at your best. This often provides a refreshing lens for students who have been primarily identified by their weaknesses. Our district also has required summer reading, so my students voluntarily meet online for my guidance, to post comments, and examine the characters through the perspective of character strengths.

I am also gradually completing my certification toward school psychology, which is currently opening the door to PP applications, as is evidenced by the welcome articles by PP researchers in the school psychology journals!

Nick Ritchey '08

I am teaching at an international middle school in Seoul, South Korea. The areas that I have implemented into my first semester classes include flow, self-efficacy, gratitude letters, active constructive responding and character strengths. Aside from flow, none of these concepts have been taught explicitly, but rather woven into our curriculum and culture. When designing lesson plans, I always try to match skills and challenges so that the majority experience conditions conducive to flow. Most students were too shy to share their gratitude letters, but for the first time I really enjoyed editing essays! Students are strongly encouraged to use active constructive responding when reviewing their peers' performance. Everything has been well received as I have the highest approval rating amongst the foreign teachers at my school, am frequently praised for making the atmosphere more positive, and love what I am doing.

Marie-Josée Salvat Shaar '07

I taught a 2-day class at the MAPP program at UEL (University of East London) in 2006, and went again in 2007. In both cases, I taught a class on positive interventions. It went really well, but teaching positive interventions isn't what I do typically, so it wouldn't answer the questions of what I am implementing and how it is going!

At Kaori Uno's '07 request, I also co-developed a curriculum with Kathryn Britton '06 for an MBA program at Hitotsubashi University in Japan. The title of the course was "Applying PP to Work". Since we haven't delivered the materials ourselves, we don't have too much detail on how it was received, but Kaori who attended the last few classes says it was a real mini-MAPP experience!

Education SIG

In the past few years the MAPP Education SIG has grown tremendously under the leadership of Sherri Fisher '06 and Louis Alloro '08. Past conference calls included great conversations with Isaac Prileltensky and educators from the Geelong program. The group is in need of your strong participation and new voices to lead us into the next decade! As is evidenced on these pages, we clearly have lots of brilliantly hot embers out there. Let's connect and share in grand illumination! What topics are you interested in hearing about? Who might you connect with to create? What are the most important initiatives in positive education? Let your voice be heard!

If you are interested in heading-up the Ed SIG, or would like to spear-head a specific topic or project, please contact Sherri Fisher. sherri-fisher@verizon.net

Ning Address:

<http://mappcommunity.ning.com/group/EducationSIG>



SIG and Regional Group Updates

Boston & Beyond Regional Group

The Boston and Beyond group of MAPPsters has plans for a glorious afternoon at Nashoba Valley Winery in Bolton, MA. Save the date:

Sunday afternoon, September 19.

Massachusetts-made wine/beer/spirit tastings, picnicking, apple picking, MAPP fun! Bring a guest and an inquiring palate. Cost: low \$, but you may want to buy what you taste! Outdoor covered seating area. Fantastic views and atmosphere! RSVP

<http://doodle.com/apkyzmd2ei8cwa2e>

Ning Address:

<http://mappcommunity.ning.com/group/newenglandnetwork>

Email sherri-fisher@verizon.net



Coaching SIG

From Deb Giffen, Outgoing Coaching SIG Leader:

Things have really taken off in my life - in good ways— and I am ready to pass the leadership on to someone else. If any other MAPPsters would like to take the lead, I have lots of ideas for how to structure it for huge growth, and I also have access to some amazing senior coaches who could serve as speakers. So if anyone is willing to take all these resources and run with them, I'd be delighted to help them get started.

<http://mappcommunity.ning.com/group/coachingsig>

Email debgiFFen@gmail.com

Thank you to Deb for amazing leadership! Let's keep this group flourishing!

Blogging



Mind-Body SIG

The Mind-Body SIG has gotten rolling with monthly calls to discuss topics of Positive Psychology application in the interface between mind and body.

- April's call featured Elaine O'Brien who shared some notes from her Capstone on "Breathing Positive Psychology: Applying Movement Interventions for the Greater Good" where she talked about the uplifting feeling of "communitas" when groups of people come together in movement.
- May's call featured Jeremy McCarthy sharing a presentation he recently gave at the New York Spa Alliance entitled "In Defense of Pampering" where he shared some history from the science of psychology that shows how pampering, positive emotions and social contact and support are important parts of wellness.
- The June call featured Marie-Josée Salvas Shaar who spoke on "How to be Smart about Increasing our Stamina" where she taught us about her coaching methods for inspiring people to change habits and adopt better health behaviors.

We would love to see more people join in the discussions as well as offering topics to share and present. All are welcome!

Contact: jeremymccarthy@hotmail.com

NING Address:

<http://mappcommunity.ning.com/group/mindbodysig/forum>



New SIG - MAPP Bloggers

The MAPP Bloggers SIG is a forum to exchange ideas and share best practices around the art of blogging. For those who have a blog or are thinking about starting one, this is a place to share ideas, ask questions and create a community of support to help our blogging efforts thrive. There is also an RSS feed on the MAPP Bloggers SIG page which is a good place to catch up on all your fellow MAPP alumni blogs. If you would like your blog included, please email jeremymccarthy@hotmail.com.

mapp
Alumni

Penn Master of Applied Positive Psychology

University of Pennsylvania's School of Liberal & Professional Studies Website MAPP Program Biographies - We need yours!

Contributed by Cathy Parsons '08



My fellow MAPPsters...do you remember what your biography says about you on the University of Pennsylvania's School of Liberal & Professional studies website for the MAPP program?. Well, check it out here <http://www.sas.upenn.edu/lps/graduate/mapp/alumni>



*As a member of your alumni board I am asking for you to **update your biography by the middle of July** and return to Cathy Parsons, MAPP 2008 srokosz@execulink.com I have already done mass class emails and unfortunately am receiving some emails back as undelivered. Please seek me out with your update if you haven't received an email from me yet.*

Wouldn't it be fabulous to have the most recent information about all our alumni as we ready our plans for the fall MAPP Summit and reunion. And what a great resource this would be to help us find MAPPsters with common interests!!

Some general guidelines for updating your bio are as follows....

1. Please write in third person
2. Limit to 125 words (we will be strictly committed to this)
2. Please keep to professional details only
3. Consider including how your professional life connects to positive psychology today.

We would also like to include pictures of everyone and have a few suggestions on how to help you give us your 'best shot'.

1. Pick a picture of yourself that has a pleasing headshot within it.
2. Open it in a picture editor, such as Microsoft Office Picture Manager.
3. Crop the height of the picture so that it includes your head and neck. Keep in mind that you want the final result to be taller than it is wide.
4. Resize so that the height is 120 pixels.
5. Crop the width to be 80 pixels.
6. Save and attach to your return email to me.

Thank you very much for taking the time to help us accurately reflect your on-going commitment to positive psychology!

Research Access Options:

Many MAPP Alumni, through our previous year's survey and other discussions have expressed a strong desire to find easier access to the latest research and initiatives in PP. Toward that end, you will find a summary of options in the Ning Resources area:

<http://mappcommunity.ning.com/page/research-access>.

Resources include:

- **Suggested list of association memberships** that offer access to key PP journals (along with their specific benefits, dues and contact information), as well as an update on what's available through the Penn Library.
- **List of Frequently Referenced PP Journals** For those who may already have access to a university library or may wish to subscribe to one of the above associations or an online database, Kathryn Britton has compiled a list of the journals most referenced by authors of PPND along with the publisher and/or database source, link. Note that many included in the "top ten" are available through the suggested associations.

Top Ten: (See Kathryn's complete list in the Resources area.)

Journal of Personality and Social Psychology (leading contender by far - 25 refs by PPND), published by APA
American Psychologist -- published by APA
Journal of Happiness Studies -- published by Springer
Review of General Psychology -- APA
Cognition and Emotion -- Taylor and Francis
Journal of Organizational Behavior - Wiley
Journal of Personality -- Blackwell
Journal of Positive Psychology -- Taylor and Francis
Journal of Social and Clinical Psychology -- Guilford Press
Psychological Bulletin -- APA

Course Syllabi :

Within Ning Resources, we will also be adding course syllabi contributed by professors currently teaching undergrad & graduate courses in PP - perhaps one of the best indicators of current trends in PP. Check-out those for MAPP 602 & 702, generously provided by Dr. James Pawelski! We hope to add more of these reading lists from the most recent MAPP classes in the near future. Additionally, to find a current list of PP courses offered around the world, access the list on PPND at

[PPND Journal List.xls](#)

MAPP Readings:

MAPP '06, '07, and '08 compiled collections of their class readings after graduation. The readings are accessible in a Google gmail account. Go to <http://gmail.com> and log in with the user id **mapp2006** and the password, the last name of the professor who told the Nikki story, all lower case. In the left hand column of the screen you will find the list of MAPP courses; clicking on each will open a list of emails that contain the course syllabus, pdfs of course readings, and available on-site power points. You can also link from Ning to this fabulous resource!

<http://mappcommunity.ning.com/page/mapp-syllabi-papers-and>



MAPP Email Address Directory

There is directory of all MAPP classes that is stored as a Google document. This is a resource that we can all access and update as our information changes. All classes have received invitations to this handy document. There is also a link to this document with further instructions in the Ning Resources tab:

<http://mappcommunity.ning.com/page/mapp-directory>

These are the email addresses that we use to send newsletters and other alumni updates, so please keep your contact information up to date in this record.

MAPP Conference Call Line

In past years, the alumni board has maintained a designated conference call line for group meetings. As this service required a monthly payment, and many free options now exist, we have discontinued the designated line. Here are a few free options you may wish to use when organizing your SIG or Regional Group meeting:

- “FreeConferencing.com”
<https://www.freeconferencing.com/signup.htm>
This is the service utilized for our May call with Marty. It offers free recording options as well as Q&A queuing management.
- “FreeConference”
<http://www.freeconference.com/> This is another easy to access service that is good for reserved and impromptu calls but does have a fee for recordings.

Enhance your Positive Psychology Messages!

Many of us have opportunities to share some of the core concepts of positive psychology by virtue of our work or through presentations to various audiences. To support your ability to do this we thought it might be useful to identify any novel and engaging audio-visual resources that we have discovered. Last May we started a beginning list but we would like to gather a few more before we create a positive media section on the NING website.

Please consider positive media items such as movies, video clips, and music that may be useful in presentations and in teaching Positive Psychology and share your links with Cathy Parsons, MAPP 2008 Srokosz@execulink.com

Here are a few new ones to add to your collection...

Johnathan Haidt - this one on awe is for you!

http://gogeometry.com/wonder_world/kseniya_simonova_ukraine_got_talent_2009.htm

For those of you who want to be inspired by music without instruments, you will love this. An incredible positive intervention!!

<http://www.youtube.com/watch?v=05ip-N0H1lg>

Child prodigy at four - check this out!!! Watch his face as he spots his parents in the audience :)

<http://www.angelfire.com/ak2/intelligencerreport/drummer.html>

Alumni Association Board Contact Info:

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