

Positive Psychology Summer Institute 2005 Schedule

Updated June 21, 2005

All Summer Institute activities will be at the Inn at Penn, in the St. Marks Ballroom.

Following is information on the catered meals for the Summer Institute:

- The opening dinner will be Friday at 6:00 pm at the Inn at Penn, Woodlands C room. Dr. Seligman will give a presentation.
- Breakfast will be served for our group from Saturday through Tuesday, 8:00 am to 9:30 am, at the Inn at Penn, St. Marks Ballroom.
- Lunch will be served for our group from Saturday through Tuesday at the Inn at Penn, in a room next to the meeting room.
- The Sunday box lunch will be available in the meeting room at 12:00 pm.
- The closing discussion and closing dinner will be Tuesday at 6:00 pm at the Inn at Penn, in the Regent Ballroom.

	Friday 6/24	Saturday 6/25	Sunday 6/26	Monday 6/27	Tuesday 6/28
Faculty in residence:	Haidt, Gable, Seligman, perhaps Schwartz	Haidt, Gable Schwartz, Lucas?	Haidt, Gable Clore in evening	Haidt, Gable Clore, Diener	Haidt, Gable, Seligman
Breakfast 8-9:30		With Schwartz, Lucas		With Clore and Diener	With Haidt & Gable
Morning Session		9:30-12:35 3 scholars (90) + break (20)+FT1 (Barry) (75) = 185	9:30 -12:20 3 scholars (90) + break (20) + 2 scholars (60) = 170	9:30-12:35 3 scholars (90) + break (20)+FT (Clore,75) = 185	9:30-12:20: FT: Haidt (75) + break (20) + Gable (75) = 170
Lunch & Rest:		12:35-3:00 Lunches with Haidt, Gable, Schwartz, Lucas	End at lunch: Free time until 3:30	12:35-3:00 Lunches with Haidt, Gable, Clore	12:20-2:30 Lunches with Gable, Haidt
Afternoon Session		3:00-5:35 2 scholars (60) + break (20) + 1 scholar (30) + Lucas (45)= 155	3:30-7:00pm Party at Seligman House, meet at hotel lobby for rides	3:00-5:35 2 scholars (60) + break (20) + 1 FT (Diener, 75) = 155	2:30-3:45 1 FT (Rozin, 75) 4:00 pm Medici Conference
Evening	6:00; Opening Dinner and Marty talk; introductions	workshop #1, 6:00-7:15: Physiology Dinner on Own		workshop #2, 6:00-7:15, positive emotions in lab Dinner on Delaware with Clore, Diener (?)	6:00pm, Closing Discussion and Closing banquet

KEY: FT: Faculty talk; ST: Scholar talk; WS: Workshop

Friday 6/24		
Time	Activity	Title/Topic
9:00 AM to 5:00 PM	Arrival	
6:30 - 10:00 PM	Opening dinner & presentation by Martin Seligman	Positive Psychology

Saturday 6/25 Faculty in residence: Barry Schwartz, Rich Lucas, Shelly Gable, Jon Haidt		
Time	Activity	Title/Topic
8:00-9:30 AM	Breakfast at meeting room	
8:00-9:00	Faculty breakfast with Schwartz & Lucas	
9:30 AM-12:30 PM	Morning Session	Resilience and Well-Being
9:30-10:00	ST: Stephanie Lynn Brown	Altruism and social regulation of the stress response
10:00-10:30	ST: Robert Fasman	Oxytocin, social affiliation, and mental and physical health
10:30-11:00	ST: Jaime Lynn Kurtz	When Sadness Leads to Savoring: The Function of Bittersweet Emotions
11:00-11:20	BREAK	
11:20-12:35	FT: Barry Schwartz	Practical Wisdom: Aristotle Meets Positive Psychology
12:35	Lunch in hotel at Regent Room next door Faculty lunch tables: Schwartz, Lucas, Gable, Haidt	
3:00-5:35	Afternoon Session	Resilience and Well-Being: II
3:00-3:30	ST: Christian Emil Waugh	The neuroanatomy of resilience when

		anticipating possible negative events
3:30-4:00	ST: Michael Jeremy Poulin	Making Sense of the Senseless: Worldviews and Adjustment to Negative Life Events
4:00-4:20	BREAK	
4:20-4:50	ST: Michael I. Norton	Religion and the Delta: Why Sitting in Church Makes You Happy
4:50-5:35	Returning Scholar Talk: Richard Lucas	Happily Ever After? The Impact of Life Events on Long-Term Levels of Subjective Well-Being
6:00-7:15	WS #1	Positive psychophysiology and neuroscience: What should positive psychologists know (and measure) about the brain and body? Simmons, Larsen, Waugh
7:30-on	Dinner on own and ???	

Sunday 6/26 Faculty in residence: Shelly Gable, Jon Haidt		
Time	Activity	Title/Topic
8:00-9:30 AM	Breakfast at meeting room	
9:30 AM-12:20 PM	Morning Session	Applications of Positive Psychology
9:30-10:00	ST: Dustin Wood	Odd Couples: Similarity and its Consequences for Friendship and Well-Being in Random Roommates
10:00-10:30	ST: Cynthia McPherson Frantz	Connectedness to nature as a source of well being for humans
10:30-11:00	ST: Jonathan Michael Adler	Therapeutic Road to The Good Life
11:00-11:20	BREAK	
11:20-11:50	ST: Seana Moran	Commitment: A Theory of Differences between Conventional and Creative Work
11:50-12:20	ST: Susan Elisabeth Rivers	Teaching emotional literacy in the middle school: A theory-based intervention to enhance

		social, emotional, and academic learning
12:20	Box Lunches available in meeting room	
3:30-7:00pm	Meet at hotel lobby for ride to Seligman House Party	

Monday 6/27 Faculty in residence: Gerald Clore, Ed Diener, Shelly Gable, Jon Haidt		
Time	Activity	Title/Topic
8:00-9:30 AM	Breakfast at meeting room	
8:00-9:00	Faculty breakfast with Clore and Diener	
9:30 AM-12:30 PM	Morning Session	Positive Emotions: General
9:30-10:00	ST: : Julian Guy Simmons	A psychophysiological measure of appetitive engagement: Do the ears have it?
10:00-10:30	ST: Jeff T. Larsen	Is happiness having what you want or wanting what you have?
10:30-11:00	ST: Erik Edward Nofle	How are actions related to positive emotions: A functionalist perspective
11:00-11:20	BREAK	
11:20-12:35	FT: Gerald Clore	Feeling is Believing: Some Cognitive Consequences of Emotion
12:35	Lunch at hotel in HourGlass Room Faculty lunch tables: Clore, Diener, Gable, Haidt	
3:00-5:35	Afternoon Session	Positive Emotions: Specific
3:00-3:30	ST: Bianca Paola Acevedo	Intense Romantic Love in Long-term Relationships
3:30-4:00	ST: Monica Yvonne Bartlett	Gratitude and prosocial behavior: Helping when it costs you
4:00-4:20	BREAK	
4:20-5:35	FT: Ed Diener	Advances in the science of happiness

6:00-7:15	WS #2	Positive emotions in the lab: How to induce them, and then measure their effects (particularly prosocial effects) Rivers, Bartlett, Haidt
7:30-on	Dinner on own or with faculty (Clare, Diener)	

Tuesday 6/28 Faculty in residence: Shelly Gable, Jon Haidt, Martin Seligman		
Time	Activity	Title/Topic
8:00-9:30 AM	Breakfast at meeting room	
8:00-9:00	Faculty breakfast with Gable and Haidt	
9:30 AM-12:20 PM	Morning Session	Last day of conference!
9:30-10:45	FT: Jonathan Haidt	Elevation, Awe, Divinity, and Self-Improvement by Self-Transcendence
10:45-11:05	BREAK	
11:05-12:20	FT: Shelly Gable	In sickness and in health, for richer or poorer, in good times and bad: Supportive responses to both positive and negative events in close relationships.
12:30	Lunch at hotel in HourGlass Room Faculty tables: Gable, Haidt	
2:30-3:45	FT: Paul Rozin	Cultural dimensions of pleasure and the good life, with special reference to eating
4:00-5:30	Medici Conference at 3701 Market, 2 nd floor: Ed Diener	Happiness and Diminishing Marginal Utility
6:00-9:00	Closing discussion and closing dinner at Regent Ballroom	