**Positive Psychology Summit 2001 Schedule**

October 5 – 7, 2001
The Gallup Organization
Washington, DC

**Purpose and Schedule of Events**
Positive Psychology articulates a vision of a positive human future that is empirically sound, understandable, and attractive. It investigates the actions that lead to well being, to positive individuals, and to flourishing corporations and communities. Positive Psychology documents the kinds of lives that lead to fulfillment, the kinds of families that result in the healthiest children, the work environments that support the greatest productivity and satisfaction, and the policies that result in the strongest civic commitment.

Until recently psychology gave us only scant knowledge of what makes life worth living. Psychology understood quite a bit about how people survive and endure under conditions of adversity. But such an exclusive focus on pathology and victims is of decreasing relevance to a nation at peace, in economic surplus, and in relative social harmony. The new field of Positive Psychology is about how normal people might flourish under benign conditions – the thriving individual and the thriving community. Positive Psychology changes the focus of psychology from preoccupation with repairing the worst things in life to building the best things in life.

The field of Positive Psychology at the subjective level is about positive experience: well being, optimism, hope, happiness, and flow. At the individual level it is about the character strengths – the capacity for love and vocation, courage, interpersonal skill, aesthetic sensibility, perseverance, forgiveness, originality, future-mindedness, and genius. At the group level it is about the civic virtues and the institutions that move individuals toward better citizenship: leadership, responsibility, parenting, altruism, civility, moderation, tolerance, and work ethic.

The Positive Psychology Summit 2001 is sponsored by the Gallup Corporation and held in its Washington headquarters.

**Preliminary Schedule of the Positive Psychology Summit 2001**
**Friday, October 5**
9:00am - 9:30am Welcome
Ed Diener (University of Illinois)
Jim Clifton (The Gallup Organization)
Martin E. P. Seligman (University of Pennsylvania)
Donald Clifton (The Gallup Organization)
Presentation of Distinguished Scientist and Scholar Award
Remarks by recipient: Norman Bradburn (University of Chicago; National Science Foundation)

9:30am - 10:30am
Richard Davidson: Positive Affect: Perspectives from Affective Neuroscience (University of Wisconsin)

10:45am - 11:45pm
E. Tory Higgins: Where Does Value Come From? (Columbia University)

12:00pm to 1:30pm
In-house bag lunches with Session A Posters (Posters up from 8:30am to 2:30pm)

1:30pm - 2:30pm
Robert Zajonc: Explaining the Mere Exposure Effect, Finally . . . (Stanford University)

2:45pm - 4:15pm **Simultaneous Sessions** (3 speakers in two concurrent sessions: 25 min. per speaker)

Washington Room(Moderator: David Schkade)
Monica Worline: Courage at Work (University of Michigan)
Shane Lopez: Courage in Today's Youth (University of Kansas)
Andrew Elliot: Approach and Avoidance Personal Goals (University of Rochester)

The Great Hall (Moderator: Ed Diener)
Arthur Kramer: Enhancing the Cognitive Vitality in Older Adults (University of Illinois)

4:15 to 5:15 Poster Session B (These posters remain up from 2:40 p.m. until 11:15 on Saturday)

7:00pm - 8:30pm

The Great Hall
Amy Fineburg: Teaching Positive Psychology

**Saturday, October 6**
9:00am - 10:00am
David Myers: Positive Psychology and Social Renewal (Hope College)

10:15am -11:15am **Simultaneous Sessions** (2 speakers in each of two sessions, 30 minutes each)

The Great Hall(Moderator: Ed Diener)
Ed Seidman: Contextual Competence: Multiple Manifestations Among Urban Adolescents (New York University)
Fred Bryant: Capturing the Joy of the Moment (Loyola University)

Washington Room (Moderator: George Vaillant)
Willibald Ruch: The Sense of Humor: Issues in the Definition and Assessment of a Highly Valued Human Strength (Queens University Belfast)
James L. Catanzaro: Spiritual Well-Being: Is it Possible?" (President, Chattanooga State Community College)

11:30am - 12:30pm
Christopher Peterson: The VIA Classification of Strengths (University of Michigan and University of Pennsylvania)

12:30pm - 2:00pm
Lunch, with Poster Session C (Posters up from 11:30 until end of conference)

2:00pm - 3:00pm
George Vaillant: Mature Defenses (Harvard University)

3:15pm - 4:15pm
The Great Hall (Moderator: Ed Diener)
Martin Seligman and Bill Robertson: Open Forum Discussion: How Can Positive Psychology Serve the World-A Post World Trade Center Analysis

4:30pm - 6:00pm **Simultaneous Sessions** (Four 20-minute talks in each room)
The Great Hall (Moderator: Shane Lopez)
Michael Hagerty: Happiness Trainings: Proposal for Clinical Trials
Nick Baylis: Cambridge Positive Psychology Course
Suzanne Segerstrom: Positive Preoccupation: Seeking (and Finding) Adaptive Repetitive Thought
Rachel Seginer: Don't Wait for the Future, Go Get it: Two Forms of Adolescent Future Orientation

Washington Room (Moderator: Amy Wrzesniewski)
Fred Luthans: Positive Organizational Behavior
Andrew MacLeod: Psychological Well-Being and the Anticipation of Future Positive Experiences: The Role of Income, Social Networks, and Planning Ability
Christine Robitschek: Personal Growth Initiative: What We Know so Far and What We Are Trying to Learn
Amy Wrzesniewski: A Positive Psychology of Organizations

Saturday Evening: Free

**Sunday, October 7**
8:30am - 10:00am **Simultaneous Sessions**: Submitted talks (Four 20-minute talks in each room)
The Great Hall (Moderator: Ed Diener)
Yuen Huo: A Positive Outlook on Diversity: The Psychological Foundations of Viable Multicultural Societies
Rob Kall: Anatomy of Positive Experience and the Expression of Positive Emotions
Richard Dienstbier: Toughness
Batja Mesquita: Positive Emotional Experiences Across Cultures

Washington Room (Moderator: Brent Roberts)
Anat Bardi: Values Predict Positive Psychological Functioning: Direct Links and Interactions with Traits
Paul Wong: Tragic Optimism, Realistic Model of Life Satisfaction in Hong Kong, Pessimism, and Mature Happiness
Maureen O'Sullivan: Humor and Emotional Intelligence
Patricia Frazier: Timing and Course of Posttraumatic Growth

10:15am - 11:15am
Hazel Markus: The Good Life in Different Cultures (Stanford University)

11:15am - 12:15pm
Philip Zimbardo: Achieving a Balanced Time Perspective as a Life Goal (Stanford University)

12:15pm - 1:15pm
Box Lunch

1:15pm - 2:30pm
Informal Discussion of Positive Psychology Martin Seligman and Ed Diener