**Positive Psychology Summer Institute 2001 Schedule**

All talks and presentations will take place at the Fireside Room at the Sea Ranch Lodge.
The August 16 opening barbecue will be held at 6:00pm at the Sea Ranch Lodge.

Breakfast is served from 8am to 9 am each day in the Sea Ranch Lodge restaurant.

The group lunches on Friday, Saturday, and Sunday, as well as the group dinners on Friday and Wednesday, will be in the Fireside Room.

Information about the faculty-hosted lunch tables will be available at the opening reception.
The Fireside room is available at all times from August 17 to August 22, when not scheduled with the activities below.

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| **THURSDAY AUGUST 16, 2001** |
| 6:00pm - 8:00pm | **Opening Reception, Catered Group Barbecue, and Introductions (Sea Ranch Lodge)**Also logistical information from Lisa Aspinwall, Dacher Keltner, Peter Schulman |
| 8:00pm - 9:00pm | Martin Seligman: Positive Psychology - A Progress Report |
| **FRIDAY AUGUST 17, 2001** |
| 8:00am - 9:00am | Breakfast on own or at Sea Ranch Lodge restaurant |
| 9:00am - 9:30am  | Jack Bauer: Growth and Well-Being in Stories of Voluntary Life Transitions  |
| 9:30am - 10:00am | Melanie Green: The Restorative Function of Transportation into Narrative Worlds: Stories and Self-Regulation  |
| 10:15am - 10:45am  | Ginger Pennington: Self-Congruencies and the Positive Consequences of Self-State Representations |
| 10:45am - 11:15am | Judy Moskowitz: The Experience of Positive Emotion in Parents of Children with Chronic Illness |
| 11:30am - 12:30pm | Ed Diener: The Benefits of Positive Affect and Happiness |
| 1:00pm - 2:00pm | **Catered Group Lunch at Fireside Room (Sea Ranch Lodge)** |
| 2:00pm - 4:00pm  | Break  |
| 4:00pm - 5:00pm | Christopher Peterson: The Values in Action (VIA) Classification of Strengths: Progress Report and Future Directions |
| 5:00pm - 6:00pm | Informal conversation with Ed Diener, Martin Seligman, Chris Peterson, Mike Csikszentmihalyi |
| 6:30pm - 9:00pm  | **Catered Group Dinner at Fireside Room (Sea Ranch Lodge)** |
| **SATURDAY AUGUST 18, 2001** |
| 9:00am - 9:30am | Sara Algoe: Appreciating Gratitude: Distinguishing the Positive Experience of Thankfulness |
| 9:30am - 10:00am | Julie Exline: Letters, Logic, and Letting Loose: Can Writing about Past Hurts Facilitate Forgiveness? |
| 10:15am - 10:45am | Julienne Bower: Finding Positive Meaning from Trauma: Predictors, Consequences, and Mechanisms |
| 10:45am - 11:15am | Elissa Epel: Positive Coping and Positive Physiological Functioning Among Caregivers |
| 11:30am - 12:30pm | Robert Emmons: How Should Spirituality Be Measured? |
| 1:00pm - 2:00pm  | **Catered Group Lunch at Fireside Room (Sea Ranch Lodge)** |
| 2:00pm - 5:00pm | Break |
| 5:00pm - 6:00pm | Informal conversation with Robert Emmons; Open discussion with scholars |
| 6:30pm - 9:00pm  | Dinner on Own |
| **SUNDAY AUGUST 19, 2001** |
| 9:00am - 9:30am  | Shelly Gable: Flourishing Relationships: Separating Appetitive & Aversive Processes in Close Relationships |
| 9:30am - 10:00am  | Debra Lieberman: Uncovering the Cognitive Mechanisms Mediating Kin-Directed Altruism  |
| 10:15am - 10:45am | Ty Tashiro: Personal Growth Following Relationship Dissolution |
| 10:45am - 11:15am | Tracy McLaughlin-Volpe: The Hidden Rewards of Close Cross-Group Friendships: Self-Expansion across Group Membership |
| 11:30am - 12:30pm | Harry Reis: What's So Positive about Relationships? |
| 1:00pm - 2:00pm  | **Catered Group Lunch at Fireside Room (Sea Ranch Lodge)** |
| 2:00pm - 5:00pm | Break |
| 5:00pm - 6:30pm | Open discussion, entire groupOrganizational details: Reimbursements, evaluation forms, final reports  |
| 7:00pm - 9:00pm | **Closing Group Dinner at Fireside Room (Sea Ranch Lodge)** |
| **THURSDAY AUGUST 23, 2OO1** |
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