



MAPP Alumni Newsletter - March 2010

Features:

- Inside This Edition, page 2
- From the Alumni Vice President and Board, page 3
- Recent Positive Happenings, page 4
- From MAPP Directors: James Pawelski & Debbie Swick, page 6
- Positive Professors, page 7
- Upcoming Events, page 9
- APP after MAPP, page 11
- SIG Updates, page 13
- Pulse Point Updates, page 15
- *News You can Use*, page 18



Inside this edition:

March 2010

It's nearly spring and the rebirth and awakening of the season seem to be overflowing in our alumni family. Lots of inspiring news to report - so much so that this edition may require two cups of tea. But it will be worth your while! Inside you'll find:

- An update of Board endeavors from our current Vice President, Susan Hwang '09 (page 3)
- Numerous "Positive Happenings" ranging from publications to weddings, and an update on PRP in the military from our current Alumni President, Dave Shearon '06 (pages 4-6)
- In "Positive Professors" Elaine O'Brien '08 provides us with a fascinating interview with Dr. Margarita Tarragona of MAPP Mexico who discusses her marriage of postmodern psychotherapy and PP techniques in approaches that are collaborative and move beyond the deficit-based model. (page 7)
- Upcoming Events include many conferences (some quite soon!) that you may wish to attend; note the date for our own MAPP Summit, Oct. 22nd - 24th! (page 9)
- "APP after MAPP" provides us with insights toward graduate school from Sasha Lewis Heinz '06 & lessons in AI Summit Collaboration from Shannon Polly '09. (page 11)
- And enjoy the updates from your fellow alumni, spiritedly collected by Cathy Parsons '08 in our "Pulse Point" section. (pages 15-18)

Thank you to all of our *wonderful* contributors to this edition! All MAPP classes are present and well-accounted for! In addition, you'll find the MAPP newsletter is now a group on Ning (click on the Groups tab & scroll down for our Newsletter butterfly). We encourage you to respond to the topics that resonate with you. What do you think about Margarita's exciting program? Do you have insights to add about conducting summits or selecting a Doctoral program? Share your ideas! http://mappcommunity.ning.com/group/alumninewsletter?xg_source=activity
Finally, 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 Vice President, Susan J. Hwang '09

Topic: Building MAPP Infrastructure



Hello MAPP alums! The alumni board is enthusiastically working to build infrastructure to support current and future MAPP alumni. We've undertaken a number of important efforts that we hope will facilitate networking and knowledge sharing between alumni. Here are a few of the things we're working on. We welcome any feedback, ideas AND participation!

Searchable Alumni Database

One of the greatest benefits of the MAPP degree is the ability to connect with amazing fellow alums. We're working on creating a searchable alumni database that would - for example - help you identify people with similar capstone topics or those who have a certification you're seeking. This more comprehensive database will go beyond the basic contact and geographic information to include work experience, interests, secondary degrees, certifications, capstone titles, etc. When moving to a new community, expanding a business, looking for collaborators or seeking advice, members can use this tool to identify fellow alums.

Member Profiles. "Other People Matter"

If you're like me, there are many amazing MAPP'ers whom I haven't heard of or met. In order to get to know each other, we're organizing an effort to create brief, but informative profiles of all members. We'll combine basic information from the alumni database, a photo with responses to questions like "Who do you find inspiring?" or "How can your fellow alumni best help you in your journey?" In regular intervals, we'll send out a few profiles so that we can all learn more about our amazing and diverse peers.

Financial Status

Treasurer Sean Glass is working on opening an alumni association bank account. Once we have an account, we'll be looking to build our financial resources. To that end, the Alumni Board is discussing optional membership dues. These funds would go towards alumni association projects and events to support the growing MAPP community. As always, donations in support of the alumni organization are always welcome and are tax deductible.

Get Involved!

The Alumni Board always has great opportunities for involvement and connecting. Whether it's planning the MAPP summit or evaluating MAPP scholarship candidates, we always have use for your participation. If you'd like to get more involved, please let us know!

Susan & your Alumni Board

hwangsusan@gmail.com

HELP WANTED!

Have a background in technology?
We're looking for alums with a technical background to advise the Alumni Board. If this is you or one of your classmates, please send me an email at hwangsusan@gmail.com.

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Penn Master of Applied Positive Psychology

Recent Positive Happenings

Capstone Realized!

完成

Kaori Uno Publishes Japanese Translation of A Primer in Positive Psychology

By Christine Duvivier '07



Kaori Uno, MAPP '07

Kaori Uno's capstone project was ambitious: translate A Primer in Positive Psychology into Japanese. The book comes out in April and it is the first time that a Positive Psychology book has been published in Japan before other countries. Go Kaori!!!

I caught up with Kaori in Japan and asked her a few questions:

1. Why did you choose this as your capstone project?

James Pawelski strongly recommended this project. At first, I resisted because no one here would be able to read Japanese and judge the quality of my capstone. However, James was so stubborn that I finally said, "Yes."

2. What was the most exciting and/or rewarding part of this capstone for you?

So many miracles have happened during my capstone! For example, I happened to run across someone who is called the "Peter Drucker of Japan," and was a co-researcher of

Mike Csikszentmihalyi, when I was carrying around the galley proof of Primer in my bag. He showed an immediate interest and was willing to endorse Primer in his new book, *Flow Management*, that will be published soon.

3. How did you use one or two of your top strengths in completing this capstone?

My top strength is Appreciation of Beauty and Excellence. I care so much about the quality of the translation in order to achieve beauty and excellence and it seems that Chris was impressed by how carefully I work, despite the time and energy it took.

4. Now that you've finished the book, what's next?

So many miracles occurred during the translation-- imagine what will happen after the book is published...

5. What would you tell someone else who wanted to translate a book for his/her capstone?

Don't do it. If you really want to, limit yourself to several chapters or just don't choose Chris Peterson's book!

A MAPP Wedding

Contributed by Elaine O'Brien '08

The MAPP Alumni Newsletter would like to congratulate Penn Positive Psychology Center's Director of Education and Senior Scholar, Dr. James Pawelski and MAPP 3 alum, Suzie Pileggi on their January 16th wedding nuptials that took place during a Roman Catholic mass at Philadelphia's magnificent Cathedral Basilica of Saints Peter and Paul.

It was a warm and beautiful day of romance and celebration. Suzie and James became engaged exactly one year after their first date and planned the wedding, with Suzie's mom's fantastic help, in just eleven weeks. The joyous occasion was resplendent with a happy, beautiful bride and groom, loving families and friends joining together, heartfelt toasts, including salutations from Marty, a sharing of their penchant for Latin and classical music, great food, exquisite music (including a string quartet and an eight piece orchestra), fun

dancing, and poetry. James, elegant in his white-tie tuxedo, recited poetry and read a special love poem he wrote for Suzie, who looked radiant in her chapel ball gown.

Suzie and James had a lot to celebrate, including Suzie's Scientific American Mind cover article, "[The Happy Couple](http://tinyurl.com/jamessuzie)", that hit newsstands in January. The "happy couple" enjoyed a honeymoon in St. Lucia and will reside in Philadelphia. "Feliciter!"



For wedding highlights:

<http://tinyurl.com/jamessuzie>

Suzie's article:

<http://tinyurl.com/pileggiarticle>

Have you or one of your classmates recently had a Capstone or other MAPP dream realized? Please help to inspire our alumni family by sharing! Contact Christine Duvivier at christine.duvivier@cornell.edu to share your story.

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Penn Master of Applied Positive Psychology

More Positive Happenings...

Positive Psychology finds a "natural home" with the Army!

by Dave Shearon '06

This week, the United States Army signed a one-year contract with two one-year options for resilience training and other assistance from the Penn Positive Psychology Center.

Many of us have heard Marty Seligman talk about a "natural home" for positive psychology, an organization or institution where the application of positive psychology would be embraced and embedded. Who would have thought that natural home would be the United States Army? And yet, Penn Positive Psychology Center teams led by Karen Reivich have now trained approximately 500 Army personnel, mostly non-commissioned officers ("sergeants") as "Master Resilience Trainers" (MRTs). The goal is 1800 this year. These MRTs are going back out to their units and training soldiers in the basics of resilient thinking, strengths, and strong relationships. Articles about the program and its effects can be found here:

<http://bit.ly/dg7N6E>. A growing number of MAPP alumni serve as trainers and facilitators for this effort.

The Army chose Penn due to the Penn Resilience Program's long research history with a "train the trainers" model implemented in middle school settings. Jane Gillham and Karen Reivich began that work almost 20 years ago, and research and development continues. Their success, combined with data from other military programs shows that

training in PRP skills - ABC analysis, Thinking Traps, Problem Solving, Putting It in Perspective, Energy Management, and Real Time Resilience - are effective. Army Chief-of-Staff General William Casey thus has a strong basis for moving the program forward - and move the Army has! In April, the first training will be conducted in a building at Fort Jackson, South Carolina that has been redesigned to serve as a permanent training facility devoted to the MRT program. The Army is also developing ways to get this training to National Guard personnel and to military families.

How it works:

Each training session lasts eight days. Dr. Reivich presents material to 150 soldiers in Philadelphia and to additional groups participating by video teleconference ("VTC" in Army talk). The participants periodically go off into groups of 30 lead by a "trainer" and four "facilitators" to practice their skills. The trainer/facilitator teams are made up of both Army and civilian personnel who have been trained for the roles by Dr. Reivich.



Army Chief of Staff Gen. George W. Casey Jr. addresses the first class of the Master Resilience Trainers at the University of Pennsylvania in Philadelphia, Pa., Nov. 16, 2009.

The MRT trainings receive glowing reviews from participants. Further, many MRTs have gone back to their units, briefed their commanders and initiated training programs for soldiers. TRADOC, the Army's training and doctrine command, is scheduling resilience training into the Army's sequence of schools starting with Basic Training and going all the way through pre-command courses taken by top leaders.

Long-term, this effort offers benefits to all MAPP alumni; it is publicizing the MAPP degree and demonstrating the capabilities of MAPPsters in front of a growing number of generals and high-ranking civilian employees of the Army. Further, some of the participants are National Guard members who go back to their civilian jobs, often with organizations that could benefit from resilience trainings. Finally, just the existence of this program helps to validate the training, consulting, and coaching that many MAPPsters provide, so remember to mention it in your next proposal!

I'll end with a word of commendation and congratulations to Marty, Karen, Peter Schulman, and the entire team at the Positive Psychology Center. They have demonstrated tremendous expertise, professionalism, and resilience during what has been an incredibly rapid launch and scale-up of this effort. Navigating politics and managing a hurricane of logistical demands, they've delivered a high-quality program that provides a strong statement of what positive psychology can deliver for large organizations. All of us with "MAPP" among our credentials stand to benefit!

And More Positive Happenings...

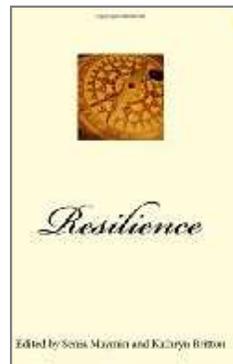
PPND Authors Publish First in Resilience Series

Contributed by Kathryn Britton '06

In December 2009, *Positive Psychology News Daily* published what we plan to be the first book in an ongoing series. *Resilience: How to Navigate Life's Curves* (<http://tinyurl.com/resiliencebook>) contains 16 chapters arranged in 4 sections: How to build up Resilience in Advance; Tools for Resilience in the Moment; The impact of Resilience over Time; and Specific Examples of Resilience in Action. The chapters were originally published in *Positive Psychology News Daily* online, but Kathryn Britton '06 and Senia Maymin '06 edited them for a general audience that is more interested in the story line and specific suggestions than the underlying research. Readers who want to know the research can follow links back to the original article. Chapters are augmented with comments from the online articles that make the concept clearer or strengthen the connection to daily life. Eleanor Chin's husband, Kevin Gillespie, drew the captivating line drawings - from crocuses to cockroaches - that illustrate each chapter.

Positive Psychology News Daily was started 3 years ago by Senia Maymin and other graduates of the first MAPP class. This online publication now has more than 650 articles from more than 60 authors, including members of every MAPP class, and it is fast approaching its 1 millionth page view. All members of the MAPP community are invited to contribute to its ongoing evolution. Email Kathryn at britton.kathryn@gmail.com

We have two other books already in the works, one on Gratitude and one on Strengths. Watch this space!



A Word from James and Debbie:

Save the Date!

We are delighted to announce that the **Third Annual Penn MAPP Summit, co-sponsored by the Positive Psychology Center, will take place at the University of Pennsylvania on October 22-24, 2010.**

Among the invited speakers are **Brigadier General Rhonda Cornum, Ph.D., M.D.** (Director of the Comprehensive Soldier Fitness Program for the U.S. Army), **Dr. John Cacioppo** (Tiffany and Margaret Blake Distinguished Service Professor and Director of the Center for Cognitive and Social Neuroscience at the University of Chicago), and **Drs. John and Julie Gottman** (Co-Founders of the Gottman Institute). John is Emeritus Professor of Psychology at the University of Washington and author of the New York Times Bestseller *The Seven Principles for Making Marriage Work*; Julie was recently named the Washington State Psychologist of the Year.

In addition to an exciting list of speakers, we are also planning a time for alumni talks, poster presentations, and lots of time for connecting with the MAPP community.

Please make plans now to join us for the "Alumni On-Site!"

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University of Pennsylvania Penn Master of Applied Positive Psychology

By Elaine O'Brien '08

Margarita Tarragona, Ph.D., is a graduate faculty member and founder of the diplomado program in positive psychology at the Universidad Iberoamericana in Mexico City (fourth postgraduate program in the world in positive psychology, and first in a language other than English). Margarita is a charter member of the IPPA Board of Directors, and chair of IPPA's Iberoamerican Network on Positive Psychology. She received her Ph.D. at the University of Chicago and she is a practicing psychotherapist and coach. Margarita is a leader in the integration of positive psychology and narrative psychotherapy. A co-editor of a forthcoming book on positive psychology in Mexico, Margarita edits the Spanish version of Positive Psychology News Daily, and writes a Psychology Today blog, *Psicología y Bienestar*.

James Pawelski reported that Margarita gave the keynote talk at the Fourth Iberoamerican Conference on Positive Psychology (Cuarto Encuentro Iberoamericano de Psicología Positiva) in Buenos Aires, Argentina. He revealed, "In addition to her many accomplishments, she is a delightful person and dear friend. Everybody loves Margarita!" Margarita had been enjoying her mom's 70th birthday celebration in New York City, when Elaine caught up with her.

What excites you most about your work in the field of Positive Psychology?

All of it! I really like teaching PP to professionals from different fields, whose work can be enriched with PP research findings. The diploma program at the **Universidad Iberoamericana**, which began last year, is one of my greatest sources of satisfaction and energy. We are offering online classes and there is much interest in PP throughout Latin America. It is rewarding to see how graduates are applying PP in the field in a variety of ways, including coaching, PP education for children, and nutrition.

I also enjoy writing about PP for the general public, through my articles for a magazine called **Mente Sana** and editing the Spanish version of the **Positive Psychology News Daily**. I have a blog in Spanish on **Psychology Today**, called "Psicología y Bienestar", which is another way of sharing Positive Psychology with a wide audience.

I am particularly interested in integrating positive psychology and collaborative and narrative approaches to consultation (therapy, coaching, supervision) both at a conceptual level and in terms of practice. I am writing a workbook on this topic and I am very excited about it.

What Positive Psychology strategies do you apply in your practice as a coach and psychotherapist?

I like Mihalyi's Csikszentmihalyi's phrase about positive psychology being essentially "a metaphysical orientation towards what is good". I feel I have that orientation as a philosophical stance in my work, which fits very well with the therapeutic approaches I have long favored, like collaborative, narrative and solution focused therapies. These are not pathology based

and share an interest on what works well, on people's values, hopes and dreams, and see clients as experts in their own lives.

I also incorporate positive psychology resources and interventions, depending on the client's situation. I often ask clients to do their VIA character strengths inventory and have developed a way to interview them about their results that hopefully can enrich the meaning that these have for them and I invite them to think about how their signature strengths may be useful in facing their current dilemma and in reaching their goals. I always ask people what they enjoy and what they do well, to get to know them and not just the problem. When a difficulty is seen in the context of the person's life as a whole, particularly in the context of their strengths, abilities and relationships, it often acquires a different perspective.

I often bring in bits of research findings to therapeutic conversations, as "food for thought and dialogue" (as my mentor Harlene Anderson likes to say), when they seem relevant to what the client is experiencing. For example: the concept of flow, the positivity ratio, or John Gottman's findings on couples. And I also use PP interventions like the gratitude journal, or using strengths differently. For me what is key is to have these PP resources at hand, and to introduce them as they may be fitting to a client's specific situation, preferences and ideas.

Continued on next page

Margarita, Can you tell us about the training institute, Grupo Campos Eliseos, that you founded in Mexico City in 1998?

Grupo Campos Eliseos (www.grupocamposeliseos.com) is a private center in Mexico City, We are affiliated to the Houston Galveston Institute in Houston Texas, and we offer continuing education for helping professionals and educators, through workshops and post-graduate level courses. We specialize in "postmodern" approaches (sometimes called "constructive therapies"), like collaborative, narrative and solution-focused work; these are characterized by the importance they give to language, conversation, stories and relationships as generative processes in therapy and consultation.

Our institute also has a strong commitment to Positive Psychology, We are proud to have introduced PP to Mexico, with a visit and presentation by Mike Csikszentmihalyi in 2003. We have offered general PP courses both on site and online. Elena Fernández has led a group on PP and writing for several years. In it, participants learn about the research on the benefits of writing and have their own professional and personal writing projects. Sylvia London works with schools, introducing a strengths based approach and works extensively with teachers, students and administrations. Neca Rodríguez heads a community mental health clinic in which she runs parents groups based on PP ideas. We are all interested in incorporating PP and our collaborative, dialogical and narrative practices.



Dr. Margarita Tarragona



Universidad Iberoamericana, Mexico City

Further Resources Available on Ning:

In considering the blending of psychotherapy which is sometimes construed as exploring in-depth, the source of problems, and PP that focuses on the solution, Margarita approaches the resolution with a broad postmodern (collaborative) perspective in which the aforementioned PP tools play an important role.

Her book chapter "Postmodern/Poststructuralist Therapy" in Lebow, 2008 describes this philosophy in which human difficulties are not thought of as "manifestations of deep or underlying structures." Margarita has generously made this chapter available to MAPP Alumni on the Ning Newsletter Group. We invite you to enjoy it and offer your comments in the discussion area (Groups tab, Newsletter, Discussions).

<http://tinyurl.com/ningTarragonaChapter>

Thank you, Margarita for your wisdom, leadership and generosity. "¡Gran trabajo!"

Upcoming Positive Happenings: Conferences of Interest

Psychologically Healthy Workplace Conference

March 5 & 6, 2010, Washington DC

Where Employers Come to Help Their Employees and Organizations Thrive
Come away with knowledge and insights to enhance productivity and well-being in the workplace.

<http://www.phwa.org/conference>

Explore:

Ways to position your organization for success in the economic recovery...
Employer Experience Sessions: lessons learned from award-winning companies.

Speakers include:

Nico Pronk, PhD. - VP and Health Science Officer, JourneyWell, HealthPartners; Benjamin Schneider, Cali Williams Yost, & Judy Martin
Presented by the American Psychological Association Practice Organization



Leadership and Positive Psychology Conference Positivity: the leadership tipping point

Friday, March 19, 2010

8:30am-5pm

George Mason University, Fairfax Campus



Speakers include: Todd Kashdan, Barbara Fredrickson and Kim Cameron

- Participants will learn about groundbreaking research in positive psychology and leadership from leading experts and authors
- Discover tools and applications for leading and living with positivity
- Network with scholars, authors, and leaders

Conference fee (*includes all meals and program materials*):

\$50 before February 20th

\$25 for graduate students

\$15 for undergraduate students

<http://cct.gmu.edu/positivity/index.html>

SPONSORED BY THE [CENTER FOR CONSCIOUSNESS AND TRANSFORMATION](#) & [MASON LEADS](#)

Society of Research on Adolescence Preconference Roundtable Youth Purpose: How Adolescents Develop Meaningful Direction

Wednesday, March 10, 2010 1:30 p.m. - 4:30 p.m.

Philadelphia Downtown Marriott, Liberty Ballroom Salon A

Opening remarks: Professor William Damon

Director, Stanford Center on Adolescence <http://coa.stanford.edu/>

How do adolescents form a meaningful intention to contribute to something beyond themselves? What impacts the development of this life purpose? Meet and collaborate with a community of scholars dedicated to understanding how young people direct their lives.

Ning Event Notice:

http://mappcommunity.ning.com/group/EducationSIG/forum/topic/show?id=2581758%3ATopic%3A9957&xg_source=msg_group_disc

And This Just In!

Barry Schwartz is appearing this Thursday night (Mar. 4) at 11:00 EST on The Colbert Report on Comedy Central. The interview will be available on

<http://www.colbertnation.com/home>

Save the Date for our Annual Penn MAPP Summit! Oct. 22 - 24, 2010

Plans are already underway for this year's exciting event in Philadelphia which will include class reunions and an expanded academic conference.



This year's speakers include:

- Drs. John and Julie Gottman
- Dr. John Cacioppo
- Brigadier General Rhonda Cornum, Ph.D., M.D.

Please plan to join us!

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Upcoming Positive Happening: Eastern European Positive Psychology Conference Page 10

Contributed by Elaine O'Brien '08



The 5th Eastern European Positive Psychology Conference (EEPPC) will be held in the beautiful, vibrant city of Copenhagen, Denmark from June 23-26, 2010. The Marriott host hotel, located by the waterfront in central Copenhagen, has exquisite views of the canal, which runs through the city.

Jointly sponsored by University Research Lab, <http://www.universerresearchlab.com/>, and the Danish School of Education, University of Aarhus, the 5th EEPPC has confirmed presentations by world-class scholars Mihaly Csikszentmihalyi, William Damon, Michael Eid, Antonella Delle Fave, Barbara Fredrickson, Howard Gardner, Hans Henrik Knoop Felicia Huppert, Corey Keyes, Willibald Ruch, Wilmar Schaufeli and Ruut Veenhoven.

The mission of the European Network of Positive Psychology (ENPP) is to promote the science and practice of positive psychology and to facilitate communication and collaboration among Positive Psychology (PP) researchers and practitioners in Europe and from around the world. Founded in 2001, the ENPP is the oldest positive psychology association and started running conferences in 2002.

President of ENPP, IPPA President-Elect, Antonella Delle Fave, explained the EEPPC will focus on different components of well-being, including evidence-based educational and professional applications, positive work-life, positive health, cross cultural and universal perspectives of PP, the environment, the media, strengths, art and science in PP and moving PP towards the year 2025. She also emphasizes that it will be “fun!”

Ebbe Lavendt, MAPP 4, will present a Positive Psychology Coaching workshop there. As part of Ebbe's PhD program, he will be interviewing other MAPPsters who are working as coaches around their experiences. Copenhagen is number 5 on the New York Times list of the top 31 places to go visit this year:

<http://tinyurl.com/nytcopenhagen>

Check this out for more information:

<http://www.ecpp2010.dk/>



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A number of our fellow alumni are currently pursuing post-MAPP Doctoral degrees, and many others are considering the step. Sasha Lewis Heinz '06 is currently a third year doctoral candidate at Teachers College, Columbia University getting her degree in Developmental Psychology. Her doctoral work is primarily focused on policy-relevant research. Here Sasha shares some valuable insights for those of us hoping to apply our MAPP experience in the academic realm.

Some pros/cons in doing a Ph.D:

The benefits and drawbacks of the doctoral process are, I think, unique to the individual. So here is the short list of pros and cons for me:

Pros:

- Work/life flexibility. This, I think, is particularly important for women.
- The value of a doctoral degree does not diminish over time. It provides the access and the admission ticket for a lifetime of learning and contributing.
- My colleagues. I have loved my colleagues at Columbia. They are all brilliant, hard working, and supportive.
- Becoming Dr. Heinz...(I know this is an extrinsic motivation, but it's still a good one!)

Cons:

- I find myself struggling with the lack of structure on a day-to-day basis. Gotta put that self-regulation research to work!
- It can feel very isolating at times. I miss working with a team. Peterson is right...other people matter.
- The length of the program. It can feel interminable, especially if you like to do work "in the field," which I do.
- Funding: No surprises here; it's a constant source of vexation for graduate students.

Did your MAPP credits apply towards your Ph.D?

Yes, and it made an enormous difference; it reduced my course load at Columbia by one year.

Any words of advice or encouragement (items to be aware of)?

Advisor, advisor, advisor!! For a Ph.D., you apply to work with a specific professor.

Therefore, the Ph.D. experience is significantly shaped by the quality of your student/advisor relationship. So don't go for the program with the most prestige. Go to the program with the advisor that will invest the most time in you and your career! I've had to learn this lesson over and over again!

Keep your eye on the prize! It is easy to get pulled in many different directions while getting your Ph.D. I had silly business cards made with Sasha Heinz, Ph.D. printed on them and they are framed on my desk. My husband laughs at me, but when I become a professor he'll be forced to admit that my priming worked!!

Insight into the application process:

This would be a good time to re-read Gilbert's book, [Stumbling on Happiness](#). He says it far more eloquently than I, but talk to the other students in the program and get their candid insight into the program. If they are happy with the program, you probably will be too. If they're not happy...don't kid yourself! Oh, and just to be a broken record, make sure you have met with the advisor a few times and feel that you will have good working relationship with him or her.

Some of your personal learnings?

Contrary to what I had originally thought, a masters and doctoral program are truly different beasts. A Ph.D. primarily trains students to become experts (I use the term loosely) in research methods. Like it or not, we live in an increasingly data driven world. The ability to manage large data sets and digest sophisticated statistical analyses is becoming a critical skill. In my case thank goodness for ignorance, otherwise this might have initially scared me off!

Another important lesson learned (or "lesson learning") is that embarking on your own research (data collection, coding, cleaning data, etc.) is the only way to gain a healthy skepticism about research findings. This is a good thing!

Why did you decide to do a Ph.D.?

It really came down to one simple thing...MAPP. I absolutely adored my time at Penn and decided that I wanted to be in the business of well-being, but I had no background in any of the typical positive psychology outlets, such as: education, NGOs, coaching, or HR. Pursuing a Ph.D. seemed like the best way to give myself the space to carve out my own path.

Contributed by Sasha Lewis Heinz '06



Sasha's Screensaver!

By Shannon Polly '09

During the Appreciative Inquiry Summit in Cleveland last year Louis Alloro '08 and I watched attentively hoping to be able to conduct our own AI Summit some day. Within three months, both of us had been hired to plan and run AI Summits - on the very same days! My Summit was for a boat building school in ME and Louis' Summit was for an architectural and engineering firm in Boston. The opportunity proved to be a valuable learning experience.

Lesson 1: Collaborate! Both Summits presented challenges. I was up against a bunch of hardened Maine boat builders and was planning a summit with no pre-Summit planning committee. Louis was up against a bunch of left-brained engineers and a budget crunch which almost canceled the summit a week prior to its happening. But like true MAPPsters, we persevered, called upon our MAPP training and our talented friends.



Lesson 2: Priming & Flexibility I had the constituents conduct pre-summit interviews and everyone took the VIA. I synthesized the data and the process got them in the mindset of AI, even without knowing the process. I also learned the strengths of the group (i.e. my group was high in critical thinking so I knew I had to punch up the data and the theory behind the process). In addition, the participants were prepared when it came time for the Summit. We had a dinner the night before where they each introduced the partner they interviewed and the Chairman of the Board wholly endorsed the process urging full participation. I also compromised. The staff did not want current students there, so I put the AI questions on survey monkey so we could get current students' voices in the room without upsetting the level of honesty from the faculty. Because my goal was the themes for the strategic plan I did three of the four D's and Louis did all four. In addition, Louis had some time to work with the principals of the firm in advance of the day.

He conducted workshops at the firm on mindset and was able to get the constituents on board and be a part of the planning process. We both discovered that planning is crucial, as is having buy-in from top personnel.

Lesson 3: It works! At the end of my Summit, the politics were neutralized, the facilitated discussion resulted in eight themes for the school's strategic plan, and I planned a true 'Peak End' where they watched a surprise video of alums expressing their gratitude to the instructors. A previously reticent instructor came up at the end and said, "I thought this was going to be touchy-feely, but I take it all back. It was great. It should have been longer! You'll have to come back."

Louis built on the firm's principals' top strengths of fairness and justice, changed the name of their 'committee meetings' to 'innovation teams' and was brought to tears at the end of the day by what they had co-created for moving forward in a project he called "2.0". One of his participants remarked, "Wow, there is a method to your madness!"



After this powerful experience we would be happy to help other MAPPsters in planning their Appreciative Inquiry Summits. (Feel free to contact us for more specific details.) Because, as we discovered, it takes a village...and yes, this stuff works. shannonpolly@gmail.com

Shannon and Louis would like to express their deep gratitude for assistance in planning their Summits to: Eleanor Chin, David Cooperrider, Kirsten Cronlund, Christine Duvivier, Louisa Jewell, Michelle McQuaid, Julie Snyder and Pete Worrell.

SIG Updates (MAPP Special Interest Groups)

The exciting activity within the SIGs continues to grow! Please explore these groups on the Ning site and feel free to join the many calls and online discussions!

Education SIG

In case you missed the **MAPP Summit at Penn in October 2009**, the Education Symposium is available as an audio file. There are also Kaori's photos of Sherri's "chalk talk" notes. The topics will be of interest to K-12 teachers, administrators, professional development professionals, specialists, and policy makers. We were very fortunate to have John Yeager, Dana Velios, Sasha Heinz and Gabe Paoletti as our speakers, and to have an audience who both asked fantastic questions and added to the discussion. <http://mappcommunity.ning.com/group/EducationSIG/forum/topics/chalk-talk-and-recording-from>

Join Us for Outback Mini-Symposium

The next EdSIG meeting is a conference call version of the very successful symposium held at Penn for the MAPP Summit. Like that panel discussion, this one will be moderated with speakers drawn from MAPP Alumni.

What is Moderated Mini-share?

It is a low-stress way to inspire the other 28 of us in the EdSIG (and anyone else in MAPP is also welcome).

Mini-share is Outback Style: No rules/just right. Speakers will give us 10 minutes where they tell us what they are doing to APP and how you got started, and we give our undivided MAPPsterly attention. There will be lively Q and A afterwards if we can stand the wait! This is a great way to learn about what other MAPPsters are doing and to connect you to others with a passion for education.

The Scoop:

Monday, March 8 at 7:30 pm ET/New York

Call in info will be on Ning the Friday before the call.

Please RSVP to Sherri to sign up to share.

The more the merrier!

(Want longer than 10 minutes of airtime? We will figure it out :)

<http://mappcommunity.ning.com/group/EducationSIG/forum/topics/outbackstyle-moderated>

Ning Address:

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

Email: Sherri Fisher '06 sherri-fisher@verizon.net



MAPP Adventure Club

Climbing/Hiking Updates:

The Adventure SIG has had a temporary change of plans. Several of the people who had intended to climb Kilimanjaro this winter are in the midst of their own adventures and life transitions. While this is great news for all involved, it makes the two week trip to Africa difficult. As such, we are going to start with a smaller target a little closer to home.

After the first of the year, we will be looking for weather-friendly dates for a three or four day hike on the Appalachian trail. Keep checking NING for updates. We would love to have you along!

Ning Address:

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

Contact:

JohnSeanDoyle@aol.com



mapp
Alumni

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MAPP Book Club

Read and discuss books using our background in positive psychology!

Our next book discussion will be of Prof. Philip Zimbardo's book *The Lucifer Effect: Understanding How Good People Turn Evil*. Greg Quinting '07 will be the discussion leader. Tentative date is **April 15th**, so start reading!

The Lucifer Effect discusses the results of psychology research on evil and challenges us to change how we deal with evil behavior. Positive outcomes from a discussion of the book seem possible. Might we make ourselves and our lives better by an effective, ideologically neutral and proactive, scientific examination of evil? We will uncover and critically examine some novel ways that Prof. Zimbardo suggests to not just cope with the darker side of human nature, but to do something about it that might elevate us.

You stand to benefit by taking part in this book discussion, even if you do not find the time to read the book. If you do have time, start with the last chapter (sixteen) on resisting situational forces and celebrating heroism.

Check out the group on NING to see a suggested booklist, comments, and a poetry posting/discussion area. If there is a book you want to discuss, please pick a day and time, send out (and post on NING) a call-in number and let everyone know.

Ning Address:

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

Email Sean Doyle '07: JohnSeanDoyle@aol.com

Mind-Body SIG (Sports SIG)

The Mind-Body SIG intends to become a forum to discuss positive psychology's relationship to such diverse topics as sports psychology, exercise, somatic interventions, meditation, and achieving our own health and wellness goals. Visit the group's site on NING to add discussions and view or post related articles.

Anyone interested in leading and building momentum for the group should contact Derrick Carpenter '07 at derrickc@alum.mit.edu.

NING Address:

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



Organization SIG

The MAPP Organization Special Interest Group (Organization SIG) is chartered to advance the application of positive psychology in organizations; at the individual, team, and organization level.

NING Address: <http://mappcommunity.ning.com/group/organizationsig>

If you have questions or would like additional information about the Organization SIG, please contact Gordon Parry at:

gordon.parry@aristotlegroup.net.

Coaching SIG

The group typically meets on the 3rd Wednesday of each month; upcoming dates to be determined & posted on Ning with call-in numbers announced one week prior. Previous call recordings are available in the Coaching Group on NING.

<http://mappcommunity.ning.com/group/coachingsig> Email debgiffen@gmail.com

NEW!! Arts SIG

Poets, painters and thespians (Oh My!) and all other artists and lovers of the arts: This new SIG is the place for you! Details coming soon on NING. Contact Shannon

Polly shannonpolly@gmail.com for more info.

MAPP 2006

Kathryn Britton Lucky as I was to have my daughter in Philadelphia during MAPP, I rejoice to have her home pursuing a nursing career. My latest MAPP partnership is with Marie-Josée Salvas Shaar on an opportunity suggested by Kaori Uno - with the MBA program at Hitotsubashi University in Tokyo.

Sulynn Choong Recently Prof Kohlrieser (IMD, Lausanne) found me on happier.com and invited me to work with them. Esalen Institute, Hong Kong and Lausanne, here I come! MAPPster tip: Stay connected. Stay visible. Expect great things!
<http://mappcommunity.ning.com/profile/Sulynn>

Marge Dukes I am happy and have had some good trips: touring India in Oct., hiking in Big Bend National Park in Jan and a business trip to Bloomington, Indiana to visit Author Solutions, Inc.

Sherri Fisher Continue to work as an Education Management Consultant-Coach; have added 2 year-old lab Gloria, a registered therapy dog, to my "pack" of two. Currently writing a PP in education book with classmates John Yeager and Dave Shearon.

Margaret Greenberg Positive connections: Our youngest daughter graduated from George Mason Univ. where she took Todd Kashden's "The Science of Well-Being" course. And last month I connected with one of this year's MAPP students, Leona Brandwene, who lives just 30 minutes away!

Nicholas Hall I manage the Behavioral Lab at the Stanford Graduate School of Business and conduct research with Jennifer Aaker and Carol Dweck. Also working with Radhika Punshi and Hewitt Associates establishing an independent research center focused on the positive psychology of the Arab National workforce across the Middle East.

Sasha Lewis Heinz I graduated from the rank of doctoral student and am now officially a doctoral candidate. ABD...small victories! The highlight of this winter was a trip to the Vancouver Olympics with the

US Ski Team...lots of cowbells and lots of medals!

Emma Judge Working in both Organization and Education combining Positive Psychology and my own experience has enabled me to develop a clearer focus on Leadership Development. The Penn Resilience Program in the UK has the potential to change our Education System - it's a privilege to be involved.

Senia Maymin Kathryn and I published the first PPND book on resilience with 16 incredible chapters www.tinyurl.com/resiliencebook. Margaret and I are writing "Profit from the Positive." As research for our book I visited the Zappos in Vegas and recommend visiting them.

Caroline Miller "Creating Your Best Life" has sold out of its first hardcover printing and gone back to press, with plans for paperback printing in January 2011. See - Capstones can get published!"

Gloria Park-Perrin Over the past year, I've launched a small business and beta-version of a website bridging applications of positive psychology with applied sport and exercise psychology at www.bensoma.com. Aiming to graduate from my PhD program by this May and working doggedly on my dissertation.

Gordon Parry I am utilizing a process of "naming and claiming" individual and collective strengths (thinking and behavior preferences, values, & talents) to help leadership teams establish focused strategies and expand capacity to deliver on those strategies. <http://mappcommunity.ning.com/profile/GordonHParry>; www.aristotlegroup.net

David Pollay My first book, The Law of the Garbage Truck™, comes out this September with Sterling Publishing! Thanks to all my MAPP friends who have reached out to help me. It means a lot. I will blog about the "The Law" mission at www.pollayblog.com

Miriam Ufberg Rosetti I got hitched to my longtime love in July; awarded yoga for scoliosis teaching certification in December; completed my first anatomy & physiology course in Feb; offering my first restorative yoga workshop in March. Grateful and content, life feels rich.

Shawna Mitchell Sisler In September I got married to Grant in Bear Valley, CA and we had an insane honeymoon in Laos, Cambodia, and Vietnam. I am now back in graduate school studying to be a dual psychiatric (PMHNP) and adult nurse practitioner (ANP) in a community care setting for under-served populations.

Angus Skinner Have come to accept that PP (or indeed positive social science) is slow burn, especially to find sustainable ways forward. Bisthari, bisthari - slowly and carefully - as the Sherpas in Nepal taught me.

Louie Wray Since MAPP I have been busy developing my company "LiveAnew." We have built a complete corporate wellness model and it utilizes much of the science of positive psychology. We are being very "positively" received.

MAPP 2007

Sarah Campbell Working as a consultant in Washington DC. One of my favorite projects involves working with Penn and the Army on their Master Resiliency Training program. On a personal note, I got married on December 5, 2009 and we're incredibly happy!

Derrick Carpenter Life post-MAPP is great: Pitching Appreciative Inquiry to Fortune 500 companies, starting a fitness slash mental personal training company, gaining momentum in a coaching practice, and jamming on my new Fender strat.

Debbie Cohen Getting married August 1; offering the Core Yoga teacher training as a summer course and is teaching in several research studies measuring the effects of yoga on children in schools.

Anthony J. DeLuca I retired seven months ago at the age of 38! Positive Psychology helped empower and motivate my employees to run the largest consumer bankruptcy firm in Nevada without me at the office. My lifelong dream of early retirement just didn't factor in...boredom.

MAPP 2007 continued

Sean Doyle Continues to enjoy sneaking up on my coworkers with PP. No one understands why I am asking about high point moments, etc., but the CEO noticed and now I am speaking to groups of 200. Be the change you want to see . . .

Christine Duvivier Loving life! Dai, Kate, and Lauren are flourishing. Giving business talks on avoiding the expected talent shortage (based on my study), and was invited to lead community change to create opportunities for every teen.

Karen Garman I continue to offer the "horse course" to medical students to teach how positive affect improves their doctor/patient relationships. Paper presentation on "Transforming Research with Proactive Solutions: Looking at the Benefits of Positive Psychology" in June at the 7th Int. Conference on Workplace Bullying and Harassment, Glamorgan Business School.

Deb Giffen This year I designed a new program for Wharton Executive Education on Leading a Resilient Organization. It was one of the highest rated programs we've ever launched. The business world is really ready for Resilience!

Yasmin Headley Positive thinking and emotion is so very important in really appreciating life. These last few years since graduating from MAPP I have been using that 100 percent in my work, friends and with family. It really does work.

Richard Le I will be spending time in Vietnam in the coming months to enjoy some quality time with family and going to an engagement for my cousin so many, many positive moments ahead for me.

Sandy Lewis I am a workplace strengths and engagement speaker and consultant, teacher of undergrad Positive Psychology in VT and soon to be teacher in Ohio. I continue to positively infect the hive every day. Go MAPP!

Radhika Punshi I count my blessings for being part of the awesome MAPP hive everyday! I am leading Hewitt's efforts, in collaboration with Nick Hall to conduct the

largest positive psychology based research project on Arabs nationals across the Middle East. Also, helping bring the VIA Intensives to UAE and India later this year.

Gregory Quinting Assuming a big part of a scientist's life satisfaction comes from making discoveries and inventions, my service to colleagues is first to not impede their initiative and creativity. That I believe takes the strength of humility to let others to take credit for their success.

Marie Josee Salvas Shaar Right now I focus on the interactions between rest, food, mood and exercise, and I coach clients on how to use these interactions to their benefit, so they can enjoy greater health, fulfillment and productivity.

Yee-Ming Tan 2010, the year when the dots are starting to connect - doing what I love (executive coaching and corporate consulting) and starting a new chapter of my life, a back-to-the-land lifestyle that is in oneness with nature and sustainable living.

Joanna Thompson MAPP highlights include attending a PP "horse course" run by Karen Garman and enjoying the natural beauty of Yosemite and friendship of Karen and Leslie Pitner. Delivered PP workshops for colleagues at Credit Suisse and was promoted - I like to think the two are linked! "

Kaori Uno Just as the huge winter snowstorms hit Philadelphia, I finally come out of hibernation from a long and severe winter... with the completion of my translation of Chris Peterson's book, A Primer in Positive Psychology, into Japanese. I look forward to the coming of spring and for the chance to relax.

MAPP 2008

Louis Alloro Life's unfolding nicely for me here -- and in the direction of my dreams. Very grateful to the Universe for leading me *and* for my own agency. A delicate dance, indeed.

Scott Asalone My company has successfully created and delivered a four month leadership development program

for non-profit leaders much of it based on positive psychology. The program has been so successful we've now been asked to create a similar program for individual contributors.

Lee K. Bohlen Since graduation I have designed and delivered PP workshops to businesses in the Northeast. Currently, I am working with co-Mappster Betsy Ludlow on a PP web-site and am training the Penn Resiliency Program to the Army with Karen Reivich.

Valorie Burton I moved to Atlanta, GA last summer. My next book is about successfully navigating setbacks and unexpected turns in life and will be released by my publisher in 2011. New website is www.valorieburton.com

Eleanor Chin I am experimenting with positive psychology theories and tools in my coaching and business consulting. I am truly thrilled to have so many opportunities to collaborate with other MAPP'sters on work-related projects.

Denise Clegg My focus has been managing the Positive Neuroscience Project. In July we announce the Templeton Positive Neuroscience Award winners! The researchers and their projects will add a whole new dimension to positive psychology research. Stay tuned!

Kirsten Cronlund I will be graduating from the MPOD program at Case Western Reserve University in May, and I'm feeling really excited by the way my MAPP learning, my MPOD learning, and the contacts and experiences from both have enriched my life. I'm savoring...

Ivor Groves I continue to introduce positive psychology into the human services arenas of children's mental health, child welfare and special education. It has modified my approach with groups and provided me tools to inspire and motivate practitioners to provide more consistent higher quality services.

Justin Harris Pursuing a Ph.D. in developmental psychology, developing a paper folding measure of early spatial skills, trying to empirically define play as the basis for my research, and on Jan 10th I got married in Hawaii.

Lisa Jacobson I'm practicing positive psychology in my career coaching and HR consulting practice. In the corporate world, I've had the opportunity to present workshops addressing employee engagement, resilience and strength identification. I am grateful.

Elizabeth D. Johnston I am using my MAPP degree to navigate the vicissitudes of law school, and am 'positive' that I am in a much better position now having attended MAPP first. I miss my classmates and wish them the best, wherever they are!

Betsy Ludlow My website (Zone Positive) is almost ready to launch--offering online courses in Strengths, Positive Emotion, Engagement, Meaning and Purpose, & Positive Relationships. Working on another 5+ lessons. Aim is to offer continuing education credits and a certification degree.

Virginia Millar Enjoying life as a public school educator, teaching 8th grade special education students in Atlantic City, NJ; also working toward my School Psychologist certification. Bill and I are looking forward to sailing the BVIs in April - good time to practice couples ACR!

Adam Mussel I took my positive psychology to Costa Rica, with Liz, to work with non-profit and community organizations. We are now in Philadelphia where Liz is attending the Penn GSE and I search for opportunities at the intersection of education and positive psychology.

Elaine O'Brien I am combining psychology, recreation and fitness "helping people activate positive strategies for well-being: Enlightened Action." I am also an "Introduction to Positive Psychology," teaching fellow for Dr. Angela Duckworth, and Penn Positive Health/Physical Activity guest adviser.

Lindy O'Brien I am working with an unemployed networking group (2000+) providing RedZone Career Network workshops. Was also on Channel 4 News regarding my retail chicken store and plans for a community kitchen to incubate new food businesses.

Cathy Parsons Since MAPP I have been positioning concepts from positive psychology within corporate work place initiatives, continuing education programs, and at the schools of nursing, London, Ontario. A Nursing Summit, October 2010 will be a peak experience!

Suzann Pileggi I just wed James Pawelski. Coincidentally, we walked down the aisle as my Scientific American Mind cover story, "The Happy Couple" - addressing how to build healthier marriages based on the science of positive psychology - hit newsstands.

Denise Quinlan Still loving learning and glad I'm doing a PhD [on strengths and well-being in children] and working with schools. Would love to hear from anyone working on how strengths work.

Nicholas Ritchey Currently advising Yongmoon Graduate School on their positive psychology program in Korea; teaching Math and English to wonderful students by day, and flourishing as a web designer and grateful, blessed husband. Just being my best self.

Elizabeth Roberds I'm in Indiana, in the midst of my second year of a Ph.D. program in school psychology at Ball State University. On a personal note, I am engaged and will be married this coming October.

Brian Selander Two-year-old Nara Selander has been tearing around the house yelling "Mommy's growing me a sister!" because my wife Lauren actually is.

Cristian Vera I have been focusing on Job Wellbeing and "practicing" PP in a large corporation in Mexico. We are successfully coming out of the worst recession in years with record engagement! Am invited for 2nd year to give a Job Satisfaction class at Universidad Iberoamericana and our second daughter Sofia Paz came to this world!

Maggie Wachter I have been studying well-being for older adults at the University of Illinois. Two presentations on PP to the American Society for Aging have also been delivered with the former service-project advocacy group for older adults, Philadelphia-based CARIE.

MAPP 2009

Jenny Anderson After I completed my MAPP degree I was hired by the University of Delaware to teach undergraduate level courses in positive psychology.

Kol Birke At the positive aging conference, Dr. Bill Thomas suggested the most dangerous word in aging is 'still' (e.g. "I can still drive"). While it's wonderful to be able to still drive, it's poisonous to measure success at 85 by the criteria we used at 35.

Dan Bowling I have been busy assisting Marty and Chris Peterson with the current MAPP class and speaking at numerous conferences about positive psychology and its relation to law and business.

David Carter I am awaiting final word from Ecopsychology Journal on the publication date for my capstone manuscript. Also teaching a seminar for the Center for Earth Leadership, and will be presenting my capstone to students at Lewis and Clark College next month.

Adoree Durayappah I am in Xela, Guatemala from February 14th to June 5th. I will have limited internet access, so I apologize in advance if I can't reply back immediately. Thank you for your patience.

Sean Glass I'm in the process of working with Lord Richard Layard to start a "Movement for Happiness." We will want many Mappster's involvement, so please email me - sean@positivepolicy.org if interested.

Louisa Jewell I have been working with organizations designing and delivering workshops on Positive Management and Positive Change as well as delivering key note addresses on the Science of Well-being to individuals and parents.

Ebbe Lavendt Since MAPP I have started on my PhD on positive psychology coaching. In the near future I will need to find well educated and experienced positive psychology coaches that I can interview. Please let me know

(el@positivepsychology.dk).

MAPP 2009 continued

Angie LeVan I am excited to soon launch my new website for coaching, speaking and writing; angielevan.com. Am now preparing for a mission trip to Haiti in May to help rebuild the town of Grand Goave.

Jeremy McCarthy I have just returned from Mexico where I was scouting wedding locations with my bride-to-be, Catherine. We are planning for February 26, 2011 in the surf town of Sayulita. Our first child (a boy) is due April 30, 2010!

Shannon Polly I have been touring Ontario with Louisa Jewell doing our Change Management workshop, going solo on an AI Summit for a boat building school in ME and transitioning my consulting business (and life) to Washington, D.C. Come visit!

Candice Reed Since graduating I have addressed over 300 lawyers with 6 different presentations on attorney well-being and engagement. I just finished my first "tour," with a presentation to a group of women in-house counsel in Las Vegas.

Kurt Shuster I have recently begun work on a research project funded by the government of Canada to develop an assessment tool matching coaches with their "ideal clients". Think eharmony for coaches. Welcome to MAPP community members who would like to participate in the study!

Dana Vellios I continue to implement Positive Psychology in my elementary school, became a teaching fellow for Dr. Duckworth's undergraduate Positive Psychology course at Penn, and am helping proctor a research project at Riverdale Country Day School.



Our most sincere thanks to Cathy Parsons '08 for inspiring so many of us to respond!

MAPP Alumni email directory for your use:

There is a MAPP Directory in a shared Google document that we can all view and update. This was created by Kathryn Britton '06 and Debbie Swick; invitations have been issued to all MAPP alumni, including the most recent graduates. Here's a link that will take you to the directory.

<http://spreadsheets.google.com/cc?key=pqJB-6Jhn3cit-BORTA4-RA>

You have to log in to google documents with the email address used in the invitation. If this is Greek to you, contact Kathryn and she'll help you get connected to the directory, britton.kathryn@gmail.com **Addresses from the document may be copied and pasted into emails; you can sort the list by class, by region, or the entire alumni group.**

For more specific instructions and applications, see the 1st listing under the forum tab in ning:

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

Free Conference Calling and Recording Service**For UPENN MAPP Alumni Association****Unreserved and Unrecorded Conference Calls:**

We have a dedicated line and bridge number: (218) 936-7979; 622336. This is for conference calls without a reservation. These calls will not/cannot be recorded. Feel free to use this anytime, but know that while the odds are long, someone else could be planning on using it. This number is also a good back-up number in case there are problems with the reserved line.

Reserved and/or Recorded Conference Calls

To ensure availability of the conference line and to gain access to the ability to record, we recommend you choose the Reservation option: <https://www.freeconference.com/home.aspx>

To access this option, you must log in using the following information:

Login Info: User ID: eleanorchin (not case sensitive); Password: mappalum

Please let Eleanor Chin '08 know when you are scheduling a call, so that we can avoid overlaps

(echin@claritypartnerscoaching.com).

For our next edition, we would like to include any links to resources that you feel may be helpful to other alumni. Please send source ideas to Virginia Millar '08 ginnyum@aol.com
See you in May!

**Alumni Association Board Contact Info:**

President: Dave Shearon, '06 Dave.Shearon@yahoo.com
 Vice President: Susan Hwang, '09 hwangsusan@gmail.com
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