



# MAPP Alumni Newsletter - May 2009

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## A note from our current MAPP Alumni President, Eleanor Chin

### Topic: A Buzzing Hive!

Dear MAPP Alumni,

What a unique community we are. Unlike many alumni groups, we are a hive that comes alive primarily through continued connection and learning about positive psychology and its dynamic place in an ever-changing world. I am thrilled to report that the Hive is alive and thriving! Signs of life are...

- We have a very active social networking site on Ning, and it has 111 members to date, with MAPP professors and scholars as members alongside over 90% of all alumni represented. (<http://mappcommunity.ning.com/>) The site continues to evolve in response to the wishes you indicated in our fall survey. We welcome your valuable input! Check out page 12 for “**Five Fabulous Tips to help launch your Ning journey.**”
- The Board (with the help of many of you!) has embarked on several ambitious projects to file for official organization status with the state of Pennsylvania, to revamp our by-laws, and elections process.
- Several SIG’s and other groups offer a regular drumbeat of monthly activities on a wide variety of topics, featuring speakers like Marcial Losada, Isaac Prilleltensky and our very own Margaret Greenberg. Most sessions are recorded for your convenience and made available through our Ning MAPP Community site.
- Geographic groups have sprung up to promote more local gatherings.
- This newsletter is a dependable communication vehicle that continues to evolve to better meet your needs.

What makes it all work? Chris Peterson’s “People matter” seems to be our mantra. People make this Alumni Association work. People like you who help with the newsletter, or contribute to the Ning site, who make connections to interesting presenters, who go onto the Ning site to post your thoughts, who review draft by-laws late at night, who reach out to your Pulse Point contacts to keep them in the hive and on and on. Yes, it’s a lot of work, but it’s fulfilling work—the kind that renews us by keeping the Hive alive. For those of you whose efforts we’ve depended upon, Thank You for all that you do. We can always use more connection and help. Just contact any board member to offer! Soon we will welcome MAPP.4 to our Hive. I can hear the buzzing getting louder!

Yours in gratitude and connection,

*Eleanor & the Alumni Board* 

**A Word from James and Debbie:**

We've been busy adding to the MAPP community and continuing to create ways to stay connected with all of you. MAPP.4 is in their final stretch as they work on their capstones this summer. Remember those days? We are working on finalizing the *MAPP.5 class*. It hardly seems possible that we will be starting our fifth year this fall! We're dying to tell you all about them, but an even better way to introduce them to the MAPP community is to invite you to the **2<sup>nd</sup> annual MAPP Summit**.

***Save the dates of October 23-25, 2009!***

Last October we launched the 1st annual MAPP Summit at Penn with almost 100 MAPP alumni, students, and faculty gathering over the weekend. *On October 23-25, 2009, we will host the 2nd annual MAPP Summit*. As this event brings together our entire Penn MAPP community, you can look forward to:

- reunions for each class on Friday, October 23
- reunion for all MAPP alumni
- meeting the newest members of the MAPP community - MAPP.5
- poster presentations of the research and applications from the alumni
- keynote presentations from positive psychology researchers **Chris Peterson** and **Mihaly Csikszentmihalyi**

We look forward to seeing many of you at this rich summit, as well as at the IPPA Congress in June (*see page 6*). The Congress and the Summit are times when we can pause in our respective journeys and come together to renew old friendships, meet new students and alumni, share where our journey has been taking us, and learn the latest from faculty and special speakers. Please join us in engaging the magic of our MAPP community!

## Positive Professors!

*Editor's Note:* We are happy to introduce our new "Positive Professors" section to keep you updated on the activities of our beloved MAPP teachers. In this piece Denise Clegg, MAPP'08, had the opportunity to chat with our gritty and effervescent professor of Research Methods, Angela Duckworth. To find out more you'll have to visit her website and wait for her upcoming paper!

**Dr. Angela Lee Duckworth is an assistant professor of psychology at the University of Pennsylvania. Angela studies non-IQ competencies that predict success, including psychological grit, self-control and character. For more information about Angela's research, visit <http://www.sas.upenn.edu/~duckwort/>**

**Q: Self-control is the capacity to suppress or delay gratification when tempted. Is there a fundamental difference between the capacities to do vs. not do?**

**A:** There does seem to be a difference in what you might call will-power vs. won't power.. We do know from our research that some people are good at one, and not good at the other. For instance some people will tell you that it's easy for them to exercise, but that it's impossible for them to stop eating junk food.

**Q: In your own life, do you have techniques to help you sustain grit and/or exercise self-control?**

**A:** Yes. Sometimes I just remind myself of the research. Habits are important. Once something - like exercising first thing in the morning - is a habit, it's effortless. I don't have to try to go for a run in the morning; it's just what I do. On the other hand, I love chocolate in the afternoon. While I really enjoy it, I try not to let it become a habit to eat candy in the afternoon. So I don't keep candy in my office. And I definitely don't let myself believe I'll have "just one bite." We know from the research that just one bite, or even the visual reminder of something tempting, makes it a "hot stimulus." And once you are in a hot emotional state, it's incredibly hard to resist temptation. It's much easier not to be tempted in the first place.

**Q: You and Eli Tsukayama will publish a paper soon about domain-specific and domain-general aspects of self-control. What are some highlights?**

**A:** Research shows that not all temptations are tempting to all people. We also see that a lot of people have good self-control in many areas of life, but very little in a certain domain. Eliot Spitzer is probably a good example of someone who was self-controlled most of the time, but not in the domain involving call-girls. The same goes for Oprah Winfrey and food. So, psychological self-control can be investigated as a general capacity and a domain-specific capacity.

**Q: If you had limitless resources to study anything - to follow any question - what would you study? What are you most curious about?**

**A:** The most important question is not to ask, "What does X predict?" but how to change X. Beyond understanding what predicts these capacities, I want to know how to make people more gritty and more self-controlled.

Contributed by Denise Clegg, '08

*Editor's Note: Many* MAPP alumni have expressed a need for ways to bring our PP principles to our real world organizations & endeavors. To facilitate the search, the newsletter will publish effective tidbits to apply in various sectors and organizations. In this issue, Margaret Greenberg '06 has graciously adapted her PPNP article on positive business planning - a perfect follow-up to the March Positive Business Summit! If you have an application to share, we'd love to hear from you!

## Energize Your Business Planning

Contributed by Margaret Greenberg, MAPP '06

In most organizations the business planning cycle will begin with earnest by the end of the second quarter and that means lots of meetings! Unfortunately planning meetings are often met with huge groans as managers and employees alike recall last year's energy-draining, PowerPoint presentations. Energize your business planning? That can sound like an oxymoron.

So how we can make business planning more energizing and truly capture the innovative thinking, analysis, and passion of participants? Here are four tips from my experience working with organizations on how to tap into the positive side of business planning.

**1. Create a Strengths Team Profile** - to illustrate the diversity (or lack thereof) of the team, have participants complete some kind of self-assessment (e.g. - StrengthsFinder 2.0, VIA Signature Strengths). Compile individual results into a Team Profile, share the profile at the first planning session, and facilitate a discussion on how to they can leverage these strengths even more.

**2. Use Icebreakers** - kick off your meetings with a positive exercise like: *Looking back on the past year what are you most proud of, professionally and personally? Or, name 3 things you accomplished this year and who on this team or elsewhere in the organization helped you?*

Notice the energy in the room shift to a positive, upward spiral. Share with the team that they just experienced Dr. Fredrickson's Broaden & Build Theory in action and how this positive energy will help them as they embark on planning discussions.

**3. Build in Time to Dream** - we know from Appreciative Inquiry how inspiring a dream or vision can be. When it comes to planning, don't just focus on the next 6-12 months. Dream a little. Use visualization exercises like: *It's 2012 and you're the keynote speaker at a (name a conference your participants would most likely attend) conference. You've been asked to share how your organization has become such a leader in the industry.*

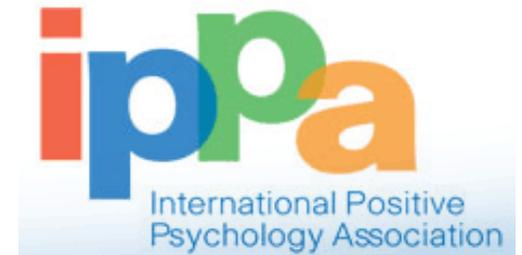
**4. End the Session on a High Note** - we know from Positive Psychology that endings do indeed matter. Remember the Peak-End Rule? Build in time at the end of the meetings to share individual commitments (try using the *Stop/Continue/Start* model), express what people are most excited about and/or what their "elevator speech" will be.

You really can energize your business planning and through the process, energize your workplace!

## Attend the first IPPA World Congress!

June 18 - 21, Philadelphia

The first **World Congress in Positive Psychology** will take place in less than one month. Register today to guarantee your seat! <http://www.ippanetwork.org/world-congress.html>



### Content and Speakers

The World Congress promises an international audience of researchers, students, practitioners, and professionals to share latest research, insights, and information. Featured speakers include Martin Seligman, Philip Zimbardo, Ed Diener, Richard Layard, Mihaly Csikszentmihalyi, Antonella Delle Fave, Yong-Lin Moon, Ruut Veenhoven and many other leading positive psychologists from around the world. Symposia, poster sessions, and informal round table discussions will emphasize leading-edge research, as well as applications of the fascinating science in a variety of fields - from business to education to medicine.

This inaugural global event promises to be an exciting and enlightening opportunity for anyone committed to making the world a better place through the science and practice of positive psychology.

### Special Events:

**Exclusive Opening Event** on Thursday, June 18th at 6:00 pm with two of the world's most renowned psychologists - University of Pennsylvania's Dr. Martin Seligman, and Stanford University's Dr. Philip Zimbardo - who will discuss their latest research, insights, and ideas for increasing happiness in the contemporary world.

**All-MAPP Reception** sponsored by the *Penn MAPP Program* on Friday, June 19<sup>th</sup> from 6pm to 8pm - Horizon Room, Sheraton Philadelphia Center City Hotel. This will not be in the event program because it is a private event. There will be a reception for all of the post-graduate programs in positive psychology, including Penn MAPP, Claremont positive psychology Ph.D. programs, UEL MAPP, and Iberoamericana University's diplomado program! RSVP on Ning at <http://mappcommunity.ning.com/events/ippa-world-congress-reception>.

### Call for Volunteers:

MAPP alumni are needed to engage with other conference attendees in the Penn MAPP display booth during lunches and breaks throughout the congress. Contact Gloria Park-Perin at [gloriamapp@gmail.com](mailto:gloriamapp@gmail.com) to volunteer an hour of your time toward this important positive networking!



## Positive Seedlings Sprouting in Kiwi Soil: The Growing New Zealand Association of Positive Psychology

Contributed by Denise Quinlan, '08

Interest in positive psychology in New Zealand has to date been led largely by practitioners. Most recently, teachers, coaches, HR professionals and business executives are fuelling demand for information on positive psychology, despite an almost total absence of supply from universities. The New Zealand Association of Positive Psychology which began with just twenty members on June 1st, 2008, hopes to provide a reliable source of information and to stimulate academic interest in positive psychology.

NZAPP's mission is to promote the science and practice of positive psychology and its research-based applications, and to foster communication and collaboration among researchers, practitioners, teachers, and students around New Zealand and across disciplines interested in positive psychology. The organisation, which offers free membership, has established a website, developed regular newsletters, and has begun connecting

positive psychology practitioners, teachers and researchers. Without any advertising or tertiary courses available in positive psychology, the organisation has grown to two hundred and twenty members. Explore or join at [www.nzapp.com.nz](http://www.nzapp.com.nz).

New Zealand schools are showing an active interest in positive psychology; Denise Quinlan, MAPP '08, has been asked to deliver the keynote address to the New Zealand Principals Conference next year and to also guide a visit by NZ school principals to observe Australian schools implementing positive psychology.

Aaron Jarden, NZAPP President, is currently leading the multi-faceted International Well-being Study ([www.wellbeingstudy.com](http://www.wellbeingstudy.com)) now available in five languages which has attracted contributing researchers from around the world. It's early days yet, but things are moving in the right direction!

## VIVA MAPP International Notes

Contributed by Elaine O'Brien, '08

- Radhika Punshi, MAPP '02, has started an Asia Pacific Network on NING where MAPP Alumni in Asia, Middle East, Australia & New Zealand can connect.
- MAPP Europe also has a spot on NING started by Emma Judge, MAPP '11.
- At *Applied Happiness: Building the Positive Organization* sponsored by Wharton Leadership Ventures, Primrose Oteng, MAPP '04, a political affairs officer with the United Nations African Union Mission in Darfur, presented a compelling session on "Positive Peacebuilding." Primrose discussed how positive peace gratifies many central values including life satisfaction, justice, and happiness.
- Dana Arakawa, MAPP '11 is spending a year in Buenos Aires at the Universidad de Palermo, which runs the annual Iberoamerican meeting on positive psychology.
- Penn MAPP Senior Scholar, James Pawelski, is working with international post-graduate program directors including the University of Eastern London, Universidad Iberoamericana (Mexico City), Portugal, Argentina, and Venezuela!
- MAPPsters from around the world will assemble this June at the IPPA World Congress Reception for Post-graduate Programs (see page X) Meet old and new friends from Penn MAPP, Claremont Positive Psychology Ph.D. program, University of Eastern London (UEL) MAPP, and Iberoamericana University's diplomado program!

**"Positive peace is not only peace from violence,  
but also peace of mind."**

Primrose Oteng, MAPP '09, Political Affairs Officer, United Nations African Mission, Darfur  
Speaking at Wharton Leadership Ventures' *Applied Happiness* Conference

# Recent Positive Happenings

## **MAPP Favorites Featured at CAPP:**

Centre for Applied Positive Psychology (CAPP) Conference, University of Warwick, Coventry, UK, April 2009

Contributed by Elaine O'Brien '08

*“Again and again I had to be taught that one single life-giving act is worth more than a million speculations.”*

*Ted Simmons, from Jupiter's Travels*

Passion for celebrating strengths, the mind-body connection, positive health promotion, educating the whole person, and creating flourishing communities were core messages from the 2nd Annual CAPP Conference (<http://www.cappeu.org/index.aspx>). CAPP's Strengths Project was highlighted in a short film featuring themes of humanity, sustainability, and social responsibility. Dr. Barbara Fredrickson's keynote presentation about the benefits of practicing positivity was a high point of the inspiring April event.

Dr. Anthony Seldon, Master, Wellington College, spoke about the importance of Marty Seligman's work, also giving high marks to the Penn Resiliency Program. Seldon spoke avidly about developing the whole child, mind and body, within education. He emphasized the power of love and kindness in learning, and the importance of somatic interventions, like dance and yoga, which give students time to "center and breathe."

Robert Biswas Diener talked about an Evolution of Cooperation where institutions rise up to encourage and nurture collaboration and community-building for the greater good.

Founder of the New Economics Foundation (NEF) Centre for Well-being, Nic Marks stated well-being can help us better develop our potential, work productively and creatively, build strong and positive relationships with others, and contribute to our community.

([http://www.neweconomics.org/gen/m1\\_i1\\_aboutushome.aspx](http://www.neweconomics.org/gen/m1_i1_aboutushome.aspx))

At the conference conclusion, Dr. Alex Linley presented a powerful call to action - for everyone in the room to commit to making a change in their community - not a grand gesture which may never be realized, but a small action which might build into something much greater, and which will help to change society for the better.

See **Positive Psychology News Daily (PPND)** for the following articles about the Conference:

- "Positive Perspectives from the CAPP Conference" by Elaine O'Brien  
<http://pos-psych.com/news/elaine-obrien/200905061881>
- "Three Keynotes from CAPP Conference: Economics, Education, and Social Change" By Bridget Grenville-Cleave  
<http://pos-psych.com/news/bridget-grenville-leave/200904261844>
- "Three Lessons for Creating Flourishing: Highlights of the 2nd Applied Positive Psychology Conference" by Timothy So  
<http://pos-psych.com/news/timothy-so/200904141797>

For additional conferences relative to positive psychologists see <http://pos-psych.com/conferences>.

## **Appreciative Inquiry featured at Positive Business Summit**

Contributed by Kirsten Cronlund '08

A Positive Business Summit was hosted in March by 2009 MAPP graduates, Michelle McQuaid and Bobby Dauman. It was attended by 44 current MAPP students, MAPP alumni, instructors, and others. The summit's purpose was to discover how the principles of positive psychology (PP) and positive organizational scholarship (POS) are already being incorporated into business and institutions. And then to co-create a beginning vision and design for enhancing and implementing the principles. The day also provided a wonderful opportunity for alumni who did not experience an entire semester with Dr. David Cooperrider and his inspiring A.I. practices.

*The day's objectives were to:*

1. **Discover** how the principles and applications of PP and POS are currently helping to create thriving organizations.
2. **Dream** of the outcomes that could be achieved in organizations if PP and POS principles and applications were applied across every aspect of business, from purpose and strategy to operations and measurement.
3. **Design** pathways to engage, educate and energize key stakeholder groups to bring our dream of positive business to life.

The day began with appreciative interviews and culminated in very creative ideas about projects that might be possible if funding was available. One idea was to use the media, through a positive reality TV show, to reach as wide an audience as possible! The day was filled with fun, collaboration, and visioning. And it's just the beginning of a fruitful endeavor!

For an overview of the proceedings. Visit:  
[http://web.me.com/mmcquaid/Positive\\_Business/Home.html](http://web.me.com/mmcquaid/Positive_Business/Home.html)

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Penn Master of Applied Positive Psychology



## More Positive Happenings...

### MAPP 2009 has Graduated!

Contributed by Elaine O'Brien '08

The 253rd Commencement of the University of Pennsylvania was held on a beautiful morning, Monday, May 18, 2009 at Franklin Field. MAPPsters from 2009 as well as 2008 joined Penn President, Amy Gutman who conferred degrees upon about 6000 graduates. MAPP themes including those of resilience, optimism, hope, social responsibility, and humanity abounded in speeches



*Hurrah! Hurrah! Pennsylvania!  
Hurrah for the Red and the Blue;  
Hurrah! Hurrah! Hurrah! Hurrah!  
Hurrah for the Red and the Blue*

by Dr. Guttman and in the commencement address by Eric E. Schmidt, Chairman of the Board and CEO of Google. Dr. Schmidt discussed remarkable changes in the worlds of technology and information since his college days. He encouraged the graduates to take time to connect with people we love and to cherish these moments. Congratulations to all!  
Here is the youtube link to enjoy:  
<http://www.youtube.com/watch?v=BFLr1RW0SU>

### MAPP Calendar of Events

#### June

- June 10 Ed SIG Call: Open Discussion, 7PM Eastern. Call-in number TBA.
- June 17 Coaching SIG Call: "Building Your Coaching Practice," Hosted by Emiliya Zhivotovskaya '07, 9AM Eastern. Call-in number TBA, contact Deb Giffen at [deb\\_giffen@gmail.com](mailto:deb_giffen@gmail.com).
- June 18-21 First IPPA World Congress in Philadelphia. <http://www.ippanetwork.org/world-congress.html>  
See page XXX for details.
- June 19 IPPA World Congress Reception for Post-graduate Programs in Positive Psychology. Time: 6pm to 8pm. Location: Horizon Room, Sheraton Philadelphia Center City Hotel
- June 24 Positive Health Distinguished Speakers Series: "Emphasizing the Positive: Positive Emotions, Diverse Social Networks, and Social Status Contribute to Lower Morbidity and Mortality." Presented by Sheldon Cohen, Ph.D. through Robert Wood Johnson Foundation & Penn. Time: 12pm to 1pm. Location: Dunlop Auditorium in Stemmler Hall at the Penn School of Medicine near 36th and Spruce.
- June 25 Organization SIG Call, 12 PM EST. Topic & call-in number TBA.

#### July

- July 15 Coaching SIG Call: "Positive Community Building and Relationship Skills," hosted by Sherri Fisher '07, 8 PM eastern. Call-in number TBA, contact Deb Giffen at [deb\\_giffen@gmail.com](mailto:deb_giffen@gmail.com).
- July 16 Organization SIG Call, 7 PM EST. Topic & call-in number TBA.

#### August

**Time to visit the swimming hole!**

## SIG Updates (MAPP Special Interest Groups)

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

### Coaching SIG

The Coaching SIG meets on the 3<sup>rd</sup> Wednesday of each month. The May call recording on "Positive Psychology & Neuroscience" is available in the Coaching SIG Group on NING.

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

**Upcoming calls include the following:**

- June 17 at 8 pm EST - Nano Tools for Coaches - Hosted by Deb Giffen
- July 21 at 8 pm EST - Positive Community Building and Relationship Skills - Hosted by Sherri Fisher

Email [debgiffen@gmail.com](mailto:debgiffen@gmail.com). Conference call numbers change due to recording feature and will be announced one week prior.

### Education SIG

The Ed SIG finished out the year strong - hearing from **Isaac Prilleltensky** in April and **Matthew White** in May. Check the Ed SIG Group on NING for call recordings. We will have one more meeting before taking a summer hiatus and reconvening in September.

- It will be on Wednesday, June 10, 7 pm EST for free form discussion. Hope to see you on that call. Check NING for call-in details.

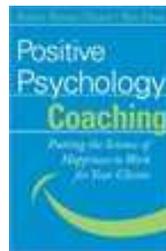
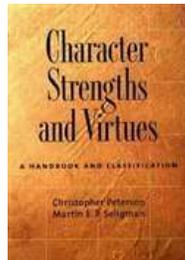
**Ning Address:** <http://mappcommunity.ning.com/group/EducationSIG>  
**Emails:** Sherri Fisher at [sherri@studentflourishing.com](mailto:sherri@studentflourishing.com), Louis Alloro at [louisalloro@mac.com](mailto:louisalloro@mac.com)

### MAPP Book Club

Read and discuss books using our background in positive psychology! Check out the group on NING to see a suggested booklist, comments, and a poetry posting/discussion area.

It has been a while since we have had a book discussion. A few of you had volunteered to lead a discussion on different books. Who wants to take the lead?? 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](mailto:JohnSeanDoyle@aol.com)



## SIG Updates Continued

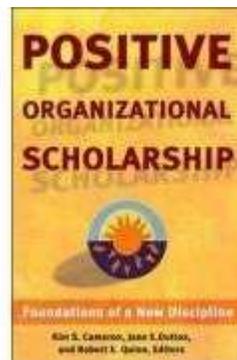
### Mind-Body SIG (Sports SIG)

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.

Mind-Body SIG meetings have been a bit slow to get going. The group is looking for a leader who can devote some time and energy to building momentum for the group. Anyone interested in helping out should contact Derrick Carpenter '07 at [derrickc@alum.mit.edu](mailto:derrickc@alum.mit.edu).

NING Address:

<http://mappcommunity.ning.com/group/mindbodysig/forum/topics/related-journal-articles>



### 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. The Organization SIG draws on a wide experience base, all linked through a shared education in Applied Positive Psychology (MAPP).

All MAPP students and alumni are invited to participate. If you have an interest in the application of positive psychology to business and organizations, there are many ways to become involved.

Our **call schedule** for the next few months is as follows:

- June 25, 2009, 12 PM EST
- July 16, 2009, 7 PM EST

The dial-in number for the calls changes each time and will be announced prior to the call. 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](mailto:gordon.parry@aristotlegroup.net).

## News You Can Use

### **New to Ning? Nervous about navigating it?**

#### **Five Fabulous Tips** to help launch your Ning journey:

Contributed by Lee K Bohlen

**#1: Where can I find help in getting to know Ning?** Scroll down to the bottom of the Home Page to find the section titled Notes. The first entry is FAQ for new members penned by our very own, talented Kathryn Britton. Click on the word Continue, highlighted in blue, to find the answers to questions that can help you easily navigate through the Ning website.

**#2: How do I create my profile?** Your profile is the underpinnings of the "My Page" tab when you log on to Ning. You can personalize that page and add content to it in a variety of ways by checking out Tip #1.

**#3: How do I upload my photo?** Click on the My Page tab. Click on the link **Change My Photo** right under the photo in the top left. That will take you to the **My Settings - Profile** page. Click on the little picture link to the right of **Profile Photo** - right under **Name**. Select the radio button for **Upload an image from your computer**, click on the **Browse** button to find your picture on your computer, and then click on **Done**. For more on photos, see Tip #1.

**#4: How do I add someone as a friend?** To invite, go to the person's member page and click on the Add as friend link under the person's picture. The person will get a message that you would like to be friends and has the chance to accept or reject the invitation. For more on Friends, see Tip #1.

**#5: How can I see the Mapp grads from my year?** Go to the group page for your class, click on the Groups tab and select the particular group. There you can see the members who are people in your MAPP year. You can also send them a message by clicking on **Send Message to Group** link toward the upper right of the group page. For more on posting messages, see Tip #1.

For more detailed answers to these, and many more FAQ's, see Tip #1!

### **Positive Media Compendium**

Cathy Parsons '08 is looking to start a listing/collection of positive media items such as movies, video clips, and music that may be useful in presentations and in teaching Positive Psychology. Many such sources exist – wouldn't it be nice if they were all in one place? Please send your lists, suggestions, and links to Cathy who will work on organizing them into a library section on our web site! Check out some of the ideas below, [srokosz@execulink.com](mailto:srokosz@execulink.com)

### **Contacting Alumni**

We have a directory of phone numbers, emails, and addresses on googledocs. Alumni should update their own information as needed. You can copy part or all of the list to send email to our alumni group. Here's a link that will take you to the directory.

<http://spreadsheets.google.com/ccc?key=pqJB-6Jhn3cit-BORTA4-RA> You have to log in to google documents with the email address we used in the initial invitation. If this is Greek to you, contact Kathryn Britton and she'll help you get connected to the directory, [britton.kathryn@gmail.com](mailto:britton.kathryn@gmail.com).

### **Newsletters on Ning**

Copies of the alumni newsletter are currently posted on Ning in the discussion forum:

<http://mappcommunity.ning.com/forum/topics/alumni-newsletter>

### **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.

#### **Video-Clips**

**Life's For Sharing** - T-mobile dance video in Liverpoole subway station (2 min. 41sec) <http://www.youtube.com:80/watch?v=VQ3d3KigPQM&feature=channel>

**Sound of Music** - dancing in Central Station Antwerp, Belgium (4 min.) <http://www.youtube.com/watch?v=7EYAUazLI9k>

**Incredible singing audition by Susan Boyle for Britain's Got Talent** (7 min.) <http://www.youtube.com/watch?v=9lp0IWv8QZY>

**Ballet Dancers with Physical Limitations** <http://www.youtube.com/watch?gl=FR&hl=fr&v=nPxrgTwTTRQ>

**Lost Generation** (1 min. 44 sec)- young writer's clever message both forward and in reverse <http://www.youtube.com/watch?v=42E2fAWM6rA>

continued on next page

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### More Video Clips:

Home Run for Sara Tucholsky - a display of character by young girls (6 min. 57 sec.) <http://www.karmatube.org/videos.php?id=1433>

Elderly Couple playing the piano (1 min. 14 sec.) [http://www.youtube.com/watch?v=RI-l0tK8Ok0&eurl=http%3A%2F%2Fsharing%2Emayoclinic%2Eorg%2F2009%2F04%2F07%2Fmayo%2Dclinic%2Dmusic%2Dfun%2F&feature=player\\_embedded](http://www.youtube.com/watch?v=RI-l0tK8Ok0&eurl=http%3A%2F%2Fsharing%2Emayoclinic%2Eorg%2F2009%2F04%2F07%2Fmayo%2Dclinic%2Dmusic%2Dfun%2F&feature=player_embedded)

Where the Hell is Matt? - Stride Gum - the dancer - 4 min. 28 sec. <http://www.vimeo.com/1211060>

### Video Films

Validation - 20 min. film of fable, comedy and good feelings <http://www.youtube.com/watch?v=Cbk980jV7Ao>

Seeing Red Cars - Laura Goodrich - 10 min. film on focusing on what you want (goals) <http://www.seeingredcars.com/>

Everyday Creativity - Dewitt Jones - 20 min. through photography shows how the ordinary becomes the extraordinary [http://www.owenstewart.com/training\\_videos/view/everyday-creativity](http://www.owenstewart.com/training_videos/view/everyday-creativity)

Celebrate What's Right with the World - Dewitt Jones - 20 min. Having a vision of possibility, a matter of perspective [http://www.owenstewart.com/training\\_videos/view/celebrate-what-s-right-with-the-world](http://www.owenstewart.com/training_videos/view/celebrate-what-s-right-with-the-world)

Fish - choosing your attitude and bringing passion and energy to work - 17 min. [http://www.owenstewart.com/training\\_videos/view/fish-1](http://www.owenstewart.com/training_videos/view/fish-1)

### Websites that Inspire

Get weekly emails that create pauses of beauty through art and story <http://www.herondance.org/>

Law of attraction daily quotes <http://www.abraham-hicks.com/lawofattractionsource/index.php>

Contributed by Cathy Parsons '08

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