



MAPP Alumni Newsletter - November 2008

A note from our current MAPP Alumni President: Eleanor Chin

Greetings Everyone!

It's one of my great pleasures as President to report on behalf of your Alumni Board (consisting of the four Officers and four Class Reps) that we made significant progress in the first quarter of this academic year. This newsletter represents our first commitment to you—a quarterly newsletter to be issued in November, February, May, and August. This effort will be ably led by Virginia Millar '08.

We have an ambitious agenda this year. In fact, many of our goals come from listening to you through your participation in the Alumni Survey, spearheaded by MAPP '07 Representative, Emiliya Zhivotovskaya. Thank you Emiliya, for creating this invaluable tool and “cheering” it through to an amazing 80% participation rate. And thank you to all of you who took the time to offer your thoughts and ideas.

One of our main goals is to streamline and regularize communication to all of you. Another is to make it easier to participate in all the ways we can connect with each other. You will see many of those efforts in this newsletter:

- the building of a networking website dedicated to MAPP alumni needs (headed by Louis Alloro '08)
- a report on the first annual MAPP Summit
- a reminder of the upcoming First IPPA World Congress
- a calendar of upcoming events for the next quarter and beyond
- regular schedule of the Special Interest Groups (SIG's)
- a new movement to start regional groups (headed up by Emma Judge '06)

We hope you will see more and more of your ideas in our unfolding plans. We continue to welcome (and need!) your input and support. Send your thoughts and offers to me at echin@claritypartnerscoaching.com.

In this season of celebration, we can all give thanks for our flourishing hive.

Gratefully,
Eleanor Chin, MAPP 2008



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MAPP Website Update

Our new and permanent MAPP website is very close to being fully operational! The site is Orbius.com, being designed with lots of MAPP input. A group of alumni is currently trying out the platform; contact Louis Alloro at louisalloro@mac.com if you would like a trial account. The site will be multilayered for private MAPP interaction as well as world exposure. We anticipate that all components of the Alumni Organization will eventually be housed here, from SIG and regional group information, to links to new research and worldwide positive psychology groups!

Inaugural MAPP Summit Highlights

The Inaugural MAPP summit took wing at Penn in October. MAPP alumni from all three years joined the current MAPP '09 students to review and discuss the latest innovations in positive psychology. Highlights included presentations by Ed Diener, George Vaillant and Marty Seligman with Geelong educator, Randy Ernst. Diener discussed his new book, *Happiness: Unlocking the Mysteries of Psychological Wealth*, co-authored with his son, Robert Biswas-Diener. George Vaillant treated attendees to the latest scientific evidence supporting positive emotions and meaning as they emanate from the heart. Marty Seligman and Randy Ernst presented an inspiring case for positive education, and provided updates from Geelong Grammar School.

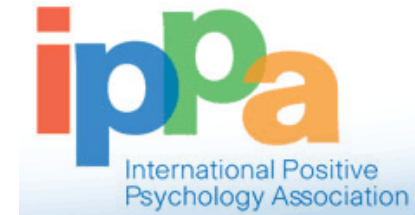
Slides from all three presenters are currently available on our prototype web site, Orbius.com or by direct request to Debbie Swick.

Additionally, MAPP alumni presented a two day symposium entitled “How are you using your MAPP degree to raise the total tonnage of happiness in the world?” which provided great ideas and inspiration for those of us considering this “weighty” question! MAPP alumni from all three years also participated in the Saturday Poster Session, providing overviews of capstone research, continuing research, and exciting current projects. Denise Clegg '08 authored a review of the poster presentations that can be viewed online at Positive Psychology News Daily (pos-psych.com), dates Nov. 6, 8, 9, & 10. Thank you to all the organizers, presenters, and attendees for making the summit a success!

Attend the IPPA First World Congress!

June 18 – 21, Philadelphia

Taking Positive Psychology to the world....



As MAPP alumni, all of you have shared the desire to apply positive psychology somewhere in the world. Your vision was part of the reason you were chosen to be in MAPP. That vision continues with the recently formed International Positive Psychology Association (IPPA). As of this writing, there are over 4000 members from more than 70 countries. Your MAPP Alumni past president, David Pollay '06, has been a wonderful host for the Positive Psychology Leaders Series - a benefit specifically for IPPA members. IPPA will be hosting the **First World Congress on Positive Psychology June 18-21, 2009** at the downtown Sheraton.

With Chris “Other People Matter” Peterson as the Program Committee Chair, we know it will be an incredible conference. This is going to be a major event that you definitely won’t want to miss! Current updates on presenters include: Csikszentmihalyi, Cooperrider, Fredrickson, Grant, Layard, Peterson, Veenhoven, and Marty Seligman with Phil Zimbardo. We already have an event scheduled for alumni and students in positive psychology programs. MAPP alumni can also register to present posters or symposia. We hope to see you there!

James & Debbie

Submission deadline for alumni symposia and poster presentations is Dec. 1st. You’ll need your abstract to register, <http://www.ippanetwork.org/> Hotel information is also available here. General Registration remains open beyond this date.



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November

- Nov. 19 Coaching SIG Meeting, 8-9 PM EST. Conference call (218) 936-7979; then 622336 #.
Topics: “Tools You Can Use” from Nov. International Coach Federation Conference and Tal Ben-Shahar’s book, *Happier*.

December

- Dec. 1 Deadline to register as symposium or poster presenter at IPPA World Congress in June <http://www.ippanetwork.org/> (General attendance registration remains open beyond.)
- Dec. 1 Send Bio updates for existing Penn MAPP website to Giselle Nicholson ‘06, giselle.nicholson@gmail.com or Trecia Davis ‘08, TreciaD@sbcglobal.net.
- Dec. 4 Alumni Board Meeting, 3:30 PM EST
- Dec. 10 IPPA Positive Psychology Leaders Series: Sonya Lyubomirsky, 4 PM EST. Benefit of IPPA membership - subscribe at IPPA website to receive email invitation to the call.
- Dec. 15 Marty Seligman’s State of Positive Psychology Call, 4PM EST, open to all MAPP Alumni. Dial (218) 936-7979; then 622336 #. The call will be recorded with access instructions sent soon.

January, 2009

- Jan. 15 Pulse Point updates for February Newsletter are due to Pulse Point Representatives.
- Jan. 21 Coaching SIG Meeting, topic & time TBD
- Jan. 24 Conference: “Using Positive Psychology to Improve Society,” Claremont University. Featuring Seligman, Park, Peterson, Fredrickson, Diener, Cooperrider, and Csikszentmihalyi! Register at <http://www.cgu.edu/pages/5808.asp>

February, 2009

- Feb. 15 Next Alumni Newsletter, featuring Pulse Point Updates of alumni activity
- Feb. 21 Southern California PP Regional Group Meeting, San Diego. Topic: Social Intelligence

June, 18-21, 2009

- First IPPA World Congress in Philadelphia. <http://www.ippanetwork.org/world-congress.html>



SIG Updates (MAPP Special Interest Groups)

MAPP Book Club - We thought we would try something new with the MAPP Book Club. We are going to start coordinating some of our meetings with those of the other SIGs. In the next couple of weeks, Sean is going to send out a survey to pick a regular day and time for most club meetings. However every few months, the book club will meet with one of the other SIGs during their timeslot to discuss a book relevant to that SIG. We are also looking for different people to lead the discussions, and possibly write reviews of the club's books for PPND! If you want to volunteer now, or want to help lead and coordinate the activities of the book club, please email Sean Doyle '07:

JohnSeanDoyle@aol.com

Mind-Body SIG (Sports SIG) - Look for an email- survey soon asking for good days and times for regular Mind-Body SIG meetings. We are looking to start up again in January. Questions? Email Derrick Carpenter '07 derrickc@alum.mit.edu or Sean: JohnSeanDoyle@aol.com

Possible new SIG??? - Several of us have been tossing around the idea of coordinating a trip to climb Mt. Kilimanjaro, probably for the fall of 2009. It would be a different kind of "MAPP Summit" you might say! Look for a note with more details and asking for interested people! Questions? Email Derrick derrickc@alum.mit.edu or Sean: JohnSeanDoyle@aol.com

Coaching SIG - The highly active Coaching SIG headed by Deb Giffen '07 meets on the 3rd Wednesday of each month. Their latest engaging topics include the International Coaching Federation Conference, the Executive Coaching Summit, Tal Ben-Shahar's latest book, *Happiness*, and positive leadership. See the above calendar for meeting dates. Email debgiffen@gmail.com.

Education SIG - After Marty Seligman and Randy Ernst's exciting presentation on Positive Education at the summit, the Ed SIG, headed by Sherri Fisher'06 & Louis Alloro'08, will be coordinating with Marty and Randy to schedule activities for the upcoming months. Calls will include conversations with expert practitioners like Randy Ernst and Mark Linkins of the Geelong program. Details will be made available soon. Emails: sherri@studentflourishing.com, louisalloro@mac.com.

Business SIG - Headed by Gordon Parry '06. Events & dates to be announced. Email Gordon: gordon.parry@aristotlegroup.net.

Regional Group Updates

The Southern California Positive Psychology Learning Community continues to pioneer a vibrant model of regional group participation - one that we hope will inspire others! The group is headed by Karen Garman '07 and consists of four MAPP alumni plus four other professionals connected to the field of Positive Psychology. They meet on a monthly basis, rotating through a variety of southern California sites. Their upcoming agenda includes the following:

- January 24, 2009: “Positive Psychology Conference to Improve Society,” Claremont Graduate University Conference
- February 21, 2009: Meeting in San Diego, Topic: Social Intelligence
- April 18, 2009: Meeting in Los Angeles, Topic: Empathy Interventions

Would you like to head or participate in a MAPP Regional Group?

- Contact Class Rep Emma Judge'06 at emma@positiveorg.com.
- Helpful resources are available:
 - Karen Garman'07 has created useful start-up materials: helpconsulting@earthlink.net
 - Giselle Nicholson'06 presented a poster at the MAPP summit about the California group: giselle.nicholson@gmail.com (poster also soon to be available on our new Orbius site!)

Alumni Association Officer Contact Info:

President: Eleanor Chin, '08 echin@claritypartnerscoaching.com

Vice President: Louis Alloro, '08 louisalloro@mac.com

Secretary: Virginia Millar, '08 ginnyum@gmail.com

Treasurer: Arthur Fullerton, '08 arthurfullerton@arthurfullerton.com

07 Reps: Emiliya Zhivotovskaya, emiliyaz@aol.com and Sean Doyle, johnseandoyle@aol.com

06 Reps: Kathryn Britton, britton.kathryn@gmail.com and Emma Judge, emma@positiveorg.com.



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News you can use: Locating Positive Psychology Research

If you're looking for access to great articles right now, here are some ways to get more research paper pdf's into your life!

- For articles that we had in our classes, log into www.gmail.com, with user name mapp2006, email class reps Emiliya emiliyaz@aol.com or Kathryn britton.kathryn@gmail.com for the password.
 - * *MAPP 06 & 07 have articles here, encourage MAPP 08 to follow suit!*
- Search Positive Psych News Daily (PPND) at www.pos-psych.com:
 - * The calendar index - pos-psych.com/monthly/2008
 - * The image map reader's guides - pos-psych.com/image-maps

Next Newsletter

- Will be issued in February - If you indicated interest in helping with this in our survey, we'll be looking for you!
- MAPP alumni updates will be included. Please send all new information to your Pulse Point person; If you do not know who your contact person is, email Giselle Nicholson '06, giselle.nicholson@gmail.com or Trecia Davis '08, TreciaD@sbcglobal.net, Pulse Point Coordinators.
- Please send calendar items, SIG and Regional Group news and other newsletter items/suggestions to Virginia Millar '08, ginnyum@gmail.com