

# MAPP Alumni Magazine

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# mapp

Alumni

 Penn Master of Applied Positive Psychology



MAPP alumni and friends - photo by Madhur Upadhyay

## HOW IS MAPP DIFFERENT FROM OTHER ALUMNI GROUPS?

Another year and once again we celebrate another record MAPP alumni attendance at the Summit and Fete. Every year for the past seven years between 30 to 35% of the total alumni of the MAPP program has gathered for a long October weekend in Philadelphia. No other alumni group comes close to this level of consistent participation.

What makes our alumni unlike any other? Though we do delight in seeing James and Marty, it's not a cult of personality. Though we do get the opportunity to meet interesting thought leaders, it's not the featured academic speakers. It's not geographic proximity as our alumni are scattered around the globe. It's not the subject matter because as we have learned of the twenty or so other MAPP programs around the world ours is the only one to have a thriving alumni group. It's not even the chance to walk down memory lane and focus on nostalgia with our old section mates.

Instead what makes the alumni return every year is that the focus of the weekend is not on the past, but rather on the present and especially on the future. Because of its forward-looking focus, we resist traditional segregation into annual classes. We do recognize and value each MAPP class as its own distinctive vintage, but our activities center around the community



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## THE MAPP DIFFERENCE *continued*

as a whole. We also intentionally work to capture through the Fete presenters and the Alumni speakers at the Summit active participation by the alumni. Networking among current students and alumni is facilitated. The chance to find collaborators (and even life partners – I'm looking at you Brianna and Cory!) is also a feature of the event. To my knowledge, no other alumni group has this active, forward-looking, integrated posture. As a result our MAPP alumni community is a positive deviant in the field and a potential model for other alumni groups to study and emulate.

### *How did we get here?*

It started with a vision in the first MAPP class that the experience of MAPP was too special to allow it to be limited to a line on a resume; that we MAPPsters as founders of a new field needed to work together to support each other after graduation. The early MAPP classes joined the alumni association and tried multiple things to build community and connection. Some efforts succeeded, some failed because we still lacked critical mass, but each year our community grew and deepened.

In the fourth MAPP class the MAPP program separated from the Gallup Summit which had been a feature of the fall program and created our own MAPP Summit. A critical decision was the opening of the Summit to the MAPP alumni community so the current and former MAPPsters could interact. This decision began the process of breaking down the class segregation inherent in the academic structure thus creating a unified community.

The MAPP three class of which I was a part was the first to turn our capstones into poster presentations for the MAPP Summit and the push was on to get the MAPP Summit to allow alumni presenters. I believe it was MAPP 5 before we got our first alumni presenter at a Summit (this year there were seven alumni presenters at the Summit!).

In order to capture the wisdom in the room and continue to build our community, I and numerous others among the alumni (like Eleanor Chin, Lisa Sansom and Kathryn Britton) continued to push for more alumni participation and the Fete grew out of those efforts. For several years folks have recognized me as the founder of the Fete and that is true to a certain extent, but the success of the Fete has always rested on the members of the alumni community who present, those who attend and actively participate, and especially those volunteers each year who organize the logistics of an event that grows ever larger. Crucially, the Fete is not a static event – each year is different in format and content, but the core verities of alumni presenters returning to share their knowledge and expertise with the community have continued.

With great gratitude for their contributions to our community I'd like to recognize all of the dedicated alumni presenters and organizers of this year's Fete: Scott Asalone, MAPP 3, Sophia Kokores, MAPP 12, Ken Schainman, MAPP 12, Brianna Booth, MAPP 6, Cory Muscara, MAPP 10, Sid Efromovich, MAPP 10, Andrew Sorenson, MAPP 8, Jackie Gaffany, MAPP 12, Kathryn Sharpe Wessling, MAPP 13, Henry Richardson, MAPP 13, Dan Tomasulo, MAPP 7, Miles Bukiet, MAPP 13, Laura Taylor, MAPP 9, Lauren Ogle, MAPP 12, Senia Maymin, MAPP 1, Henry Edwards, MAPP 12, Chad Thomas, MAPP 12, Ryan Wynia, MAPP 12, Lara Kallander, MAPP 13, and Mary Beth Rettger, MAPP 13 and all the alumni presenters at this year's Summit: Brianna Booth, MAPP 6, Daniel Lerner, MAPP 7, Chad Thomas, MAPP 12, Erin Griffin, MAPP 12, Jordyn Feingold, MAPP 11, Anne Brafford, MAPP 9 and Christine Robinson, MAPP 13. Learning from each other, sharing in fellowship with like-minded, motivated MAPP grads, together we will be a positive force to change the world!



#### **ABOUT THE AUTHOR**

Arthur Fullerton, MAPP 2008 is the Founder of the first MAPP Alumni FETE. He is the president of Strengths Based Consulting, which leverages a broad background in both for profit and non profit management and provides extensive experience building effective teams and reorganizing around existing strengths.



## THE METAMORPHOSIS OF MARTY

By Lisa Honig Buksbaum, MAPP 2013

I was drawn to Positive Psychology while heading up the escalator at the Barnes and Noble on 82<sup>nd</sup> Street and Broadway. I glanced down and saw a book emanating light. "Interesting" I thought, "I've never seen a book do this before."

Naturally, I immediately headed down the escalator and picked up the book. It was "Flourish," by Dr. Martin Seligman. He used to teach Psychology when I was a UPenn undergraduate, 30 years ago." That weekend I devoured the book and announced to my family that I was planning to return to UPenn to get a Masters in Applied Positive Psychology.

Ten months later, I remember walking through Marty's rose garden at the Immersion Week dinner reception savoring the experience. "I am actually standing here talking with one of the seminal thinkers of our time, part of a community of positive practitioners that he launched in order to bring more flourishing to the world."

Six years later, I've experienced so many Marty MAPP encounters: from IPPA World Congresses conversations, MAPP Summit presentations; and classroom lectures where I've grown to know, appreciate and love Marty. Here are the peak moments:

- In 2012, Marty returns from a successful Positive Psychology tour of China where the press declare him "The Emperor of Positive Psychology."
- Marty's best friend and colleague Chris Peterson dies while we are attending a MAPP Summit. Marty makes a heart-felt emotional announcement from the Huntsmann Hall auditorium and starts to cry. Elaine O'Brien and I jump to our feet running down the steps to the stage to hug Marty. Within minutes, hundreds of MAPPsters surround Marty crying and hugging each other. This was the first time I saw Marty's deep empathy and his soul.
- At the IPPA World Congress in Orlando Marty makes a SoaringSuperhero puppet for a hospitalized child and then says, "Lisa thanks for doing this for the children."
- Marty is gushing about his daughter's musical ability – "I was doing an interview in the house and the reporter asked me who was playing Adele's CD? I told him it wasn't a CD, it was my daughter Carly singing." He was radiant and proud. It was a wonderful moment.
- During graduation week I have the privilege of seeing Marty's purple ceremonial gown, which makes the most outrageous fashionistas look like they get their clothes from the Land's End catalogue.
- Marty invites local MAPPsters to attend an induction ceremony where he receives an honorary degree from Lord Sir Anthony Seldon of the University of Buckingham. A handful of MAPPsters keep Marty company in the "green room." He was beaming to see "his people" come out to cheer him on.
- At the most recent MAPP Summit, Marty shares recollections from his memoir, The Hope Circuit. After dinner a few MAPPsters sit in a tight circle talking with Marty for hours. Eleanor Chin mentions that she recently found the most amazing photo from her MAPP Year. She promises to email it to him that night. The next day Marty improvises at the end of his State of Positive Psychology address and says, "You know, the times I've spent with you all, my MAPP community, have been the greatest moments of my life."

Everyone appreciates Marty's scholarship, brilliant mind and significant contributions to world-wide wellbeing. However, only those of us in Marty's "chosen MAPP family" have been fortunate enough to witness the metamorphosis of Marty Seligman from curmudgeon to world class mensch.

## Tal Ben-Shahar, A True Gentleman and Scholar on Happiness Studies

by Elaine O'Brien, MAPP 2008

“It feels good to feel good.” Tal Ben Shahar

*D* Dr. Tal Ben-Shahar is a gifted, vibrant, generous teacher. Tal is known for having taught the largest course at Harvard, “Positive Psychology,” and the third largest on “The Psychology of Leadership”—with a total of over 1,400 students.

At the 2018 UPenn MAPP Summit, Tal gave a compelling keynote address, integrating theory and practice, East and West, philosophy and psychology.

Tal embodies the goodness, grace, art and science of positive psychology. A learned philosophy, literary, and psychology scholar, Tal started by telling a few jokes, and then dazzled with his passion, knowledge, and compassion with topics including conscious capitalism, Helen Keller’s perspectives, Mindfulness, “Stress Pandemic,” the power of Friendship and tips for a happy, healthy, successful, fit life.

The culmination of his address was “Happiness as WholeBeing.” “Wholebeing = whole person + well-being.

Like the “summit of the highest point,” **SPIRE** consists of Spiritual, Physical, Intellectual, Relational & Emotional Well-Being. Here are the components:

- **Spiritual:** gratitude, grace, a sacred approach, purpose, leading a meaningful life, savoring the present.
- **Physical:** tapping into the mind-body connection, energy, rest/sleep.
- **Intellectual:** open to experience, curiosity.
- **Relational:** nurturing friendships.
- **Emotional:** mental health, toward resilience and optimism.

Tal Ben-Shahar encouraged the audience to turn *learning into action*, and emphasized the happiness paradox: “value happiness, but pursue it “indirectly.”” Tal astutely shared that, “the antecedents of happiness are like the colors of the rainbow.”

More about Tal Ben-Shahar: [www.TalBenShahar.com](http://www.TalBenShahar.com)

Here’s my appearance, *Happier Talk with Dr. Elaine O’Brien*, on Tal’s *HappierTV*:  
<https://youtu.be/akpkODkazUo>

Lisa Buksbaum, MAPP, wrote a wonderful 2-part story, “Permission to be Human” about Tal Ben-Shahar for *Positive Psychology News*\*: <https://positivepsychologynews.com/news/lisa-buksbaum/2018070238855> and <https://positivepsychologynews.com/news/lisa-buksbaum/2018070938872>.

Bridget-Grenville-Cleave, MAPP’s great story, “The Science of Happiness: Tal Ben-Shahar:” <https://positivepsychologynews.com/news/bridget-grenville-cleave/2014080629622>



### ABOUT THE AUTHOR

Elaine O'Brien, Ph.D., MAPP, CAPP, Lifestyle Medicine Consulting, is a pioneer in Health/Fitness promotion, Positive Exercise/Kinesiology, and an award-winning Community Health/Fitness program, designer, educator, and leader. Elaine’s doctoral research was around lifting up women and families through an Appreciative Community Dance/Fitness program, “FitDance,” which demonstrated a generative legacy effect in fostering fitness across generations. Elaine is the host of the new IPPA Positive Health & Wellness Webinar Series, and an Editor IPPA’s *Chronicles of the Advancement of Positive Health & Well-Being*. Elaine new website: [www.ElaineOBrienPhd.com](http://www.ElaineOBrienPhd.com).

## The Heart of Meaningful Connections

by Jennifer Cory, MAPP 2015



Cory Muscara and Brianna Booth at Fete

Intimate connections between peers and friends may be among the most valuable and yet understated takeaways from our annual MAPP pilgrimage. According to Brianna Booth (MAPP.06) and Cory Muscara (MAPP.10), intimacy is an innate need to connect in ways that allow us to be deeply known and seen, and to know and see another—and is at the heart of meaningful connections.

Brianna and Cory met during Summit 2017. Over the course of the past year they have explored intimacy through the intersection of their individual work: Brianna teaching about intimate connections through transformative sex ed at Stanford University, and Cory as a mindfulness meditation teacher helping people develop moment-to-moment presence. At Camp Fete they shared their evolving thoughts on the subject in their workshop *In Relationship with Others: Presence & Connection*. Through a series of questions and guided meditations, MAPP-campers were led down a contemplative path designed to deepen our understanding of intimacy and provide opportunities to experience intimacy both intra and interpersonally.

To truly understand intimacy one must look beyond the domain of romantic or sexual relationships, neither of which automatically confers intimacy, and into the portal where vulnerability, trust of self and other, and presencing exists. According to the presenters opportunities for intimacy abound—in short exchanges with a stranger, in quiet moments with a loved one, and even in a mindful encounter with nature.

At this year's MAPP Summit expressions like "*crisis of mattering*" and "*diminished empathy*" were used to describe the emotional landscape of society. In a world where intimacy is often substituted with superficial exchanges fueled by social media, Brianna and Cory see the need to reexamine the quality of our connections as paramount. As lifelong learners flush with information about the importance of high quality relationships, even MAPPsters can fall prey to the dynamics that eschew deeper connections through an overemphasis on doing and accomplishment. In their workshop, Brianna and Cory offered MAPP alumni a framework for exploring the boundaries and barriers around intimacy, and in doing so created an opportunity for us to consider our own intimate landscape and the pathways for consciously creating more meaningful connections with ourselves and others.

Thanks to Brianna and Cory for sharing such moving and meaningful work with our community.

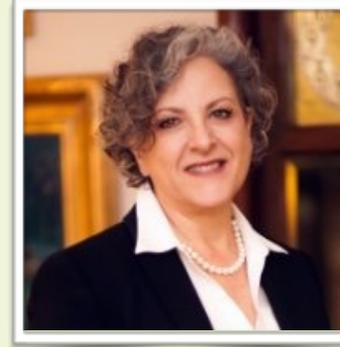


### ABOUT THE AUTHOR

Jennifer Cory, MS, MAPP, is a psychotherapist in private practice in Red Bank, NJ and the founder and chief hope facilitator of the HEART Initiative, an organization dedicated to helping individuals with cardiac diseases thrive. Jennifer served as associate director for the NY Certificate in Applied Positive Program, and on the faculty at Monmouth University. She presently serves on the Dean's Council for the School of Social Work at Monmouth University. She holds a Master of Science in Advanced Clinical Practice from Columbia University School of Social Work and a Masters in Applied Positive Psychology from the University of Pennsylvania. She is co-author of *The Wellbeing Journal*, a workbook for building resilience, strengths and meaning in social work and the social services, and the lead instructor at the HEART Academy,

## THE SCIENCE OF HAPPINESS SPAWNS SUCCESS AND NEW BOOK FOR COLLEGE STUDENTS

by Frawn Morgan, MAPP 2017



Frawn Morgan

"Forty percent of college students experience debilitating depression." Dan Lerner's opening words caught the attention of the room. We've all been in college, although some of us many years or even decades ago. I didn't immediately identify with Dan's statement, but with kids of my own in college today, I recognize that the college experience in the 21st century is fraught with stress.

Dan has taken his MAPP education back to college. In addition to his successful coaching and consulting practice, Dan is sharing the life-affirming message of positive psychology with thousands of college students at New York University (NYU). Dan teaches the always-full "The Science of Happiness" course at NYU with his collaborator and co-instructor, child and adolescent psychiatrist Dr. Alan Schlechter. Over the five years Dan has taught this class, approximately 5,000 students have heard the message that the science of well-being can not only help them succeed in college but also in life.

The support for Dan's message is, like all that we explore in MAPP, rooted in science. Research shows that optimistic freshman have higher GPAs (and not just by a little) and better social lives; that hope results in greater academic success; that positive emotion results in greater speed and accuracy in stressful situations...all findings that should interest college students (as well as their parents and instructors). Through 28 sessions taught over one semester, Dan and Alan share with students basic MAPP fare including the benefits of positive emotions, the importance of relationships, character strengths and how to maximize them, the impact of optimism and pessimism, the positive side of stress, the importance of physical movement, nutrition and sleep, and finding meaning and passion.

Dan's students routinely rate this class as one of the best they've taken, often giving a 99% approval rating and glowing reviews, such as:

"This class has changed how I experience college. Now I love it even more and I am doing better in my classes than ever!"

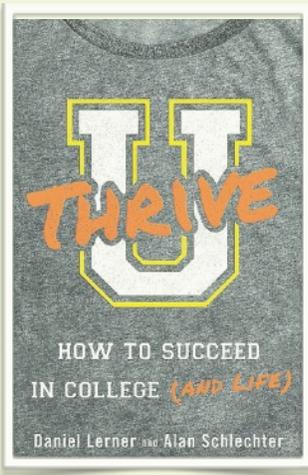
"I so wish I had taken this class when I was a freshman."

"Every time I have this class, I know the rest of my day is going to be that much more awesome."

"The Science of Happiness saved my life."

One comment they get nearly every year: "You guys have GOT to write a book" has resulted in just that – a book on thriving for college students. Published in 2017, Dan and Alan's book, *U Thrive: How to Succeed in College (and Life)*, now brings the wisdom Dan shares in the NYU course to students, parents, teachers, and others everywhere! Dan and Alan are expanding their university reach as well – they are regularly invited to speak to other NYU classes on their topic, including the Dean's Honors Seminar at the College of Arts and Sciences and Performance Majors at the Steinhart School. Dan is also routinely selected by students as one of their most memorable instructors, being asked to deliver the keynote address at the annual NYU Student-Faculty dinner.

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As a MAPP graduate myself, I am honored to be in the same club as Dan and thrilled that he is sharing the message of positive psychology with the next generation of leaders. Go Dan!

Dan's Book, "*U Thrive: How to Succeed in College (and Life)*", published by Little Brown and Company, is available wherever books are sold, through Amazon.com (in multiple formats), and on the dedicated website [uthrive.info](http://uthrive.info).

#### ABOUT THE AUTHOR

Frawn Morgan researches well-being; specifically how fostering well-being in working mothers can improve the working mother experience, the mother-child relationship, and build emotional health and well-being in children, building protection against adolescent depression.

## The Industrious Hum of Aristotelian Partnerships

by Karen Warner, MAPP 2013

On my first day of MAPP back in 2012, James Pawelski kicked off our Immersion experience by saying, "Congratulations, MAPP.8. You have just met 39 of your new best friends!" Driving out of Philadelphia in the glow of this year's Summit, I realized that James might as well have said, "And you know the 40 or so from each MAPP year from MAPP.1 through MAPP.8 to infinity and beyond? They're your new best friends too." And, James, being James, he had a very particular definition in mind of that word "friend." We were soon to learn, during that first weekend, that we had now been admitted into a community of like-minded "Aristotelian friends," -- AF's for short.



Karen Warner

Leaving Summit 2018, it struck me that an industrious new movement was humming just beneath the surface of the conversations and presentations at Fete and Summit this year. To be sure, you could see the Aristotelian friendships everywhere you looked. But it also felt like these AF's were banding together like never before to help each other thrive and flourish in their efforts to get positive psychology out into the world through their life's work. These MAPP Aristotelian friendships were now snapping together like nodes in a network to form Aristotelian *partnerships*<sup>1</sup>.

If you'll recall your *Nicomachean Ethics*, according to Aristotle there are three forms of friendship. The first is friendship of utility – we connect for mutual benefit and we "easily dissolve" the friendship when that benefit is realized. The second is friendship of pleasure – people are attracted to each other for their wit, their looks, they share pleasure or passion or a feeling of belonging. According to Aristotle, these first two kinds of friendship may not last, as our needs and pleasures shift over time.

Ah, but there is a third kind of friendship, one that incorporates the first two: an *Aristotelian friendship*. Based on "Philia" or "brotherly love," each friend helps the other strive for goodness. AF's focus on wanting what is good for the other person and helping them get it. According to Aristotle, goodness endures, so friendships based on goodness will also endure. It is through friendship, especially this "highest form," Aristotle believes, that cities -- communities -- are held together.

<sup>1</sup> Note that the term *Aristotelian partnership* is a term I made up. You won't find it in *Nicomachean Ethics*. I hope Aristotle will forgive me.

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I began to count the MAPP-related Aristotelian partnerships that I fell into conversation about at Summit 2018: MAPP Alumni Association; MAPP Grant Program; the MAPP VIP program; Kathryn Britton's writing group; Andrew Soren's Eudaimonia by Design group; the partnerships that made Fete and Summit happen; the instructors who keep MAPP fresh and relevant; the folks at BetterUp -- to name only those I know of. Each one of these Aristotelian partnerships has brought richness, brilliance, and a seriously supportive community to what would otherwise be a solo enterprise to advance our life's work. What about you? What are you seeing and hearing?

If you are part of an Aristotelian partnership -- loosely defined here as a group of Aristotelian friends centered on expanding positive psychology in the world -- I would love to hear from you and interview you about your Aristotelian partnership for future issues of MAPP Magazine. I can be reached at [karen@karenwarner.com](mailto:karen@karenwarner.com).

#### Reference

Aristotle; Ross, W. D., Brown, L. The Nichomachean Ethics, Book VIII. Oxford University Press, New York, 2009.



Hot Pink Team, Camp Fete, 2019



Camp Fete Directors, Ken Schainman and Sophia Kokores, both MAPP 2017



## MAPP GRANT PROGRAM PROVIDES SEED MONEY FOR ALUMNI

The MAPP Grant program began in 2017 as a way to provide seed monies to help alumni move forward in their new MAPP projects and careers. In the past 2 years the 10 MAPP grants have been awarded to individuals and groups. Awards have ranged from \$1K to \$3K with a total of \$20K being awarded to alumni. In the next MAPP magazine we will take a look at the positive impact that MAPP grants have had in our community by spotlighting some of the projects awarded grants. Applications for 2019 grants are currently being accepted through January 31, 2019 at [www.mappalum.org](http://www.mappalum.org). All dues paying alumni are eligible to apply for a MAPP grant.

— Katie Snyder, MAPP 2013



Virginia Millar

## Adolescent Brain Science: New Research and Practical Applications

By Virginia Millar, MAPP 2008

During Summit 2018, Plenary speaker, Dr. Laurence Steinberg of Temple University, a world-renowned expert on adolescent psychology, engaged the audience early-on with his latest work that easily resonates with any parent, educator, or individual who cares about the well-being of our next generation. Steinberg’s work combines psychosocial research from around the globe and current brain science to re-define the ever-dreaded age of adolescence as a chronologically-expanding age of opportunity. He further suggests real world interventions and implications for society.

### Risky Business

Steinberg’s presentation began with a collection of all too familiar harrowing statistics on negative behaviors that peak worldwide in the teenage years – everything from crime and car crashes to drug addiction and suicide. He further noted that we humans are evolutionarily “hard-wired” to seek risks after reaching puberty toward becoming adults, a timeline that is no longer adaptive in the modern world. Many fear-filled contemporary book titles characterize our global trepidation of this period; however, Steinberg puts things in perspective by noting that perhaps such fear should be directed to things like natural disasters, rather than a developmental stage through which all humans pass! He then further extends our vision to suggest **positive risk taking**, described below.

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## **Brain Matters**

Any parent or teacher can describe the hormonal effects on an adolescent's outward behavior; Steinberg shares modern brain science to offer insight on the misalignment happening inside. He notes that during adolescence, more dopamine impacts brain activity than during any other time of life. This flood of hormones leads to exacerbated arousal of incentive-processing systems which manifests in sensation-seeking behaviors, peaking at age 19. Couple this with self-regulation capacities that lag 6+ years behind world-wide for a volatile brew.

However, modern brain science also confirms that within this mutable mix lies a heightened window of developmental neuroplasticity. Steinberg equates the magnitude of this period of brain development with that of the infant to age 3 period, the last period of *developmental* plasticity, a window of both opportunity and vulnerability. Furthermore, Steinberg notes this window stays open a lot longer in modern society, with earlier onset of puberty and societal changes that delay entry into an adult world.

## **Optimizing Opportunity: Teach self-regulation and provide positive risks**

### *Mitigating Risk through self-regulation*

Given the imbalance between adolescent sensation-seeking and self-regulation capacities, Steinberg suggests that the single greatest factor to improve adolescent well-being is to improve self-regulation. Like many in the positive psychology world, he notes its correlation with life success and well-being to be even stronger than SES and intellect. He further notes that self-regulation skills are more subject to environmental influence than capacities such as intellect. In this realm, Steinberg believes the greatest influence is parenting style. His research shows that self-regulation is best supported with authoritative style, characterized by warmth, firmness, and scaffolded support of autonomy, as opposed to autocratic or permissive styles. Such practices certainly translate into teaching, coaching, and other mentoring roles. He further provides evidence for other promising interventions toward building self-regulation skills including: mindfulness meditation, disciplined physical activity, and direct teaching of regulation strategies to youth, along with parenting strategies to adults.

### *Maximizing opportunity: Positive risk-taking*

Finally, Steinberg and his colleagues have upended this widened window of vulnerability to redefine it as a window of opportunity for engaging in *positive* risks. Steinberg characterizes general risk-taking as engaging in behavior with uncertain outcomes and suggests that positive risk-taking in socially acceptable manners builds positive life outcomes and increases resiliency. Positive risks include things like joining a new activity, engaging in new friendships, or standing up for something you believe in. Their work suggests taking positive risks results in increased learning outcomes, school engagement, and general psychological well-being.

## **Conclusion**

As modern neuroscience and global research continues to expand, Steinberg hopes to bolster the case for re-thinking adolescence as an essential, and extended period for nurturing growth. This altered perspective has implications for parenting, educational practices, and wider societal initiatives that can provide awareness and support opportunities for positive risk-taking throughout this greatly expanded period of adolescence. To learn more, explore Steinberg's latest book *Age of Opportunity: Lessons From the New Science of Adolescence*.





Scott Asalone

## PRESIDENT'S MESSAGE

*Change the World for Good*

By Scott Asalone, MAPP 2008

*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. — Margaret Mead*

There is a power of purpose in a small group of people who want to make a difference. Not propelled by self-interest, they pursue the larger good out of a commitment to make the world better for everyone. On October 26<sup>th</sup> the Alumni of the Master of Applied

Positive Psychology (MAPP) Program at the University of Pennsylvania met and heard from other Alumni about how they are changing the world for good in education, business, politics, communities, families and for individuals. Yet the Summit wasn't the end or beginning but a moment that captured a movement.

For those of you who are new to our community, since this is the first edition of our magazine that we are publishing externally, welcome. We are a group of individuals committed to bringing positive change to the world, enhancing well-being and thriving, and creating environments where all people can flourish. The articles in this magazine offer a small taste of what so many of the Alumni of MAPP are striving to do. If you also believe, as we do, that positive change is not only possible, but necessary, join us in our work.

For the Alumni, it can be challenging to continually seek opportunities to turn the dial positively, to move people toward a more positive future that allows space for everyone. Please find in these pages encouragement to continue the wonderful work you already do wherever you are applying your knowledge and skills.

Yet if we believe the quote above by Margaret Mead, which I do, then we have to work together to make our dream a reality. That means partnering with others who share the vision of a thriving world and moving forward with them to make positive change happen. It also means crafting innovative ideas and practices to ameliorate the challenges in the world and maximize the successes.

Passion, pride and dedication was powerfully evident at the Summit in October. There is no doubt that this small group of committed people can change the world for good. And there is no more critical time than right now.

– Scott

