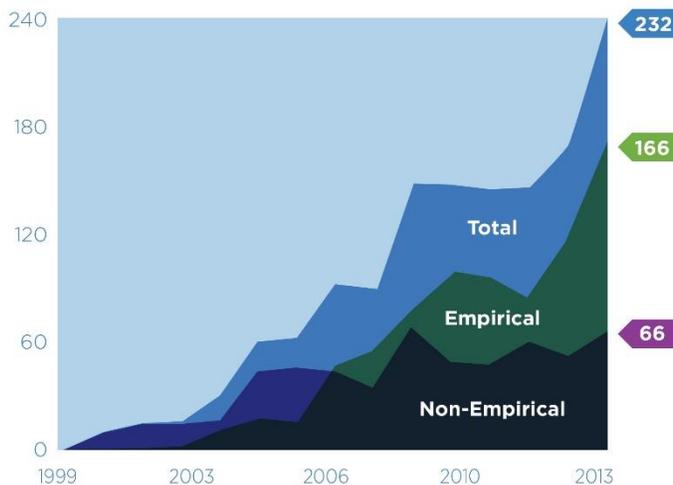


What a milestone! We've made it to ten years!

We've got so much to celebrate, especially as we round the corner into our [5<sup>th</sup> World Congress on Positive Psychology](#), held in Montreal, July 13-16, 2017.

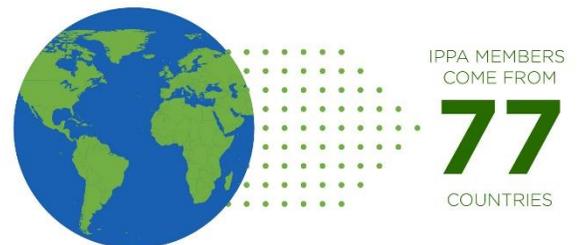


Positive psychology has burgeoned, especially in the last decade. As Stewart Donaldson and co-authors have detailed (Donaldson et al., 2015, p. 188), publications have steadily increased year over year since 2000, with clear evidence, from 2006 onward, that empirical contributions increasingly outnumber non-empirical ones.

In step with this rising trajectory, IPPA's international membership has grown, and proposals to present at the World Congress were at a record high this year. Additionally, among those speaking on the big stage in

Montreal, we have unprecedented representation of those in early career stages. All this bodes well for perhaps our strongest World Congress to date.

Yet if you have memories of when you turned 10, you might recall these as among the awkward *'tween* years. That's how I picture IPPA these days – all gangly limbs and big dreams. Although our field's increased publication rate and international renown is certainly something to crow about, growing *up* can come with growing *pains*. This is certainly true for IPPA. The increasing caliber and number of our Congress submissions, for instance, necessarily come with higher rejection rates, especially for Symposia, Workshops, and Conversation Hours.



Even though we all gain by having absolutely outstanding work showcased at the World Congress, it pains me to know that many excellent proposals simply did not fit within our very real constraints of time and space for a 3-day Congress. It also pains me that many of our loyal attendees do not find themselves on the Program in the ways they had hoped.

Please know that, this Congress and going forward, IPPA aims to have at least two presentation formats that can accommodate those with meritorious proposals: Posters and the new Round Table Presentations. When submitting for future World Congresses, we encourage all to submit at least one poster or round table presentation to increase the odds of being listed on the Program. Knowing that such a listing is often needed to gain institutional travel support, we are sympathetic and doing what we can to help.



At 10 years old, IPPA is as fresh-faced and starry-eyed as ever. I have no doubt that our best years are still ahead!

Looking forward to seeing you in Montreal and for many decades to come,

Barbara Fredrickson, Ph.D.  
IPPA President  
2017 World Congress Chair

P.S. If you'd like to further celebrate IPPA's 10<sup>th</sup> Birthday, please [consider buying raffle tickets](#) to support the students who will chisel the future of positive psychology. Each ticket gives you one chance in a drawing to be treated to a "foodie" dinner hosted by one of the current leaders of our field.

Donaldson, S. I., Dollwet, M. & Meghana, A. R. (2015). Happiness, excellence, and optimal human functioning revisited: Examining the peer-reviewed literature linked to positive psychology, *The Journal of Positive Psychology*, 10(3), 185-195. [DOI: 10.1080/17439760.2014.943801](https://doi.org/10.1080/17439760.2014.943801)