

## **SIPPA Student Mentoring and Professional Development Event**

**\*REGISTRATION REQUIRED\***

Friday, July 14, 7-8:30pm EST  
Room 519 A/B



### **THE REFLECTED BEST-SELF PROCESS**

**Kim Cameron, Ph.D., University of Michigan**

Format: Workshop

Most often when individuals receive personal feedback received from other people on survey instruments, they primarily focus on the lowest scores or the areas in which they need to improve. It is difficult for people to use others' feedback to highlight strengths and areas of competency. This workshop focuses on a survey feedback process that provides individuals with behavioral information regarding their strengths and unique competencies--the Reflected Best-Self Feedback process.



### **REFLECTIONS OF GRADUATE SCHOOL**

**Keith Cowley, SIPPA President-Elect**

Format: Workshop

How do you apply positive psychology as an MSc student? Keith will present an informal talk on the many ways to apply positive psychology as a student in the field, followed by a Q&A session.



### **SCIENTIFIC ADVANCES IN POSITIVE PSYCHOLOGY**

**Stewart I. Donaldson, Ph.D., Claremont Graduate University**

Format: Workshop

In the 17 years since the inception of the movement, the field of positive psychology has grown tremendously. This session on Scientific Advances in Positive Psychology will showcase the wide range of new theories, research, applications, and explorations in what can be termed "the next wave of positive psychology," presenting novel findings and theories that acknowledge and mainstream sensitivity to real-world issues, adversity, culture, and context, in fresh new ways.

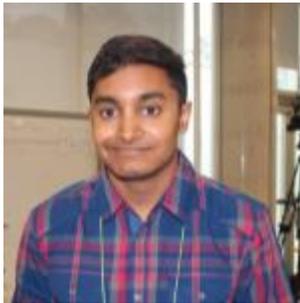


### **BACK TO THE FUTURE: INCORPORATING CHARACTER-BASED EDUCATION IN THE COLLEGE CLASSROOM**

**Marianne Fallon, Ph.D., Central Connecticut State University**

Format: Workshop

Attendees will explore how character strength development can be integrated into college-level courses. We will focus on the “Special 7” character strengths (Curiosity, Grit, Zest, Optimism, Social Intelligence, Gratitude, Self-Regulation) thought to be critical to K-12 student success, and will discuss how other strengths (e.g., Integrity, Judgment, Kindness) could play a pivotal role within higher education.



### **STARTING FROM STRENGTH(S): IMPLEMENTING POSITIVE PSYCHOLOGY RESEARCH INTO PRACTICE**

**Ary Maharaj, M.Ed., H.BSc.; Project Coordinator – Flourish, University of Toronto Scarborough**

Format: Facilitated discussion

Hear from a current Canadian graduate student who has been lucky to have spent the last 2 years implementing research at the forefront of positive clinical psychology into clinical programming and data-driven policy endeavors in order to hopefully better the mental health of students (15-24) across the country.



### **POSITIVE CLINICAL PSYCHOLOGY**

**Tayyab Rachid, Ph.D., C.Psych., IPPA Clinical Division President, University of Toronto Scarborough**

Format: Facilitated discussion

Grounded in the science of strengths and positive psychology, this presentation will share insights, from advances and setbacks, of ways to understand and advance the promising field of positive clinical psychology. The presenter will also share clinical anecdotes which sustained his commitment and quest to find the better and intact aspects of his clients.



### **ON POSITIVE SCIENCE: ADDRESSING QUESTIONS ON THE ACADEMIC LIFE IN THE FIELD OF POSITIVE PSYCHOLOGY**

**Robert Vallerand, Ph.D., University of Quebec in Montreal**

Format: Facilitated discussion

Is academia for me? What does it take to be a university professor? What is the job of a university professor anyway? Is it any different when conducting research in positive psychology? In this session, Professor Vallerand will attempt to answer questions people may have on academic life, including but not limited to research. He will be happy to share his experience as a scientist in the field of positive psychology with participants and encourage them to develop their own views of the field.