The Next Generation of Positive Psychology Research

2018 Western Positive Psychology Association Conference
Welcome

The 2018 Western Positive Psychology Association (WPPA) Conference aims to bring together a collaborative scientific community of faculty, students, and scholars to advance and support rigorous, evidence-based empirical research in the science of happiness, excellence, and optimal human functioning. The theme of the 2018 WPPA Conference is “The Next Generation of Positive Psychology Research,” and our featured speakers are world-champion athlete, environmentalist, author, and businessman Shaun Tomson as well as CGU Distinguished Professor Mihaly Csikszentmihalyi.
Program

Saturday, January 20, 2018 | 8:30 am – 6:00 pm
Claremont Graduate University

8:30 am – 9:00 am
Check-in and Registration | Balch Auditorium

9:00 am – 9:50 am
Opening Keynote Session | Balch Auditorium
Positive Psychology: Past, Present, and Future
Stewart I. Donaldson, PhD, Claremont Graduate University, Chair
Shaun Tomson, MS, Amplify, Presenter
Mihaly Csikszentmihalyi, PhD, CGU, Presenter
Kendall Cotton Bronk, PhD, CGU, Discussant

10:00 am – 10:50 am | Morning Concurrent Sessions 1, 2, 3

Morning Concurrent Session 1 | Burkle Room 16
Positive Psychology in Work and Organizations
- The CODE Method: An Intervention to Improve Employee Engagement and Activate Positive Change in Organizations
  Shaun Tomson, MS, Amplify
  Scott Donaldson, MA, CGU

Morning Concurrent Session 2 | Burkle Room 14
Multidimensional Well-Being
- Multidimensional Well-Being Assessment (MWA): An Inclusive, Multiculturally Informed Measure
  Shelly P. Harrell, PhD, Pepperdine University Graduate School of Education and Psychology
- Elements of the PERMA Model as a State or a Trait: Results from an Ecological Momentary Assessment Study
  Zita Oravecz, PhD, Penn State University

Morning Concurrent Session 3 | Burkle Room 12
The Role of Habits Within Positive Psychology Symposium, Part I
- Habits and Positive Psychology
  Jeanne Nakamura, PhD, CGU
- Relationship to Human Flourishing Broadly Defined: Positive Habits and PERMA
  Jason Beck, MA, CGU
- Habits and Positive Relationship Maintenance
  Kathryn Doiron, MA, CGU
- Positive Habits and Psychological Capital
  David Li, MA, CGU
11:00 am – 11:50 am | Morning Concurrent Sessions 4, 5, 6

Morning Concurrent Session 4 | Burkle Room 16
Innovative Approaches to Improving Work
- Research on ProHabits: Professional Habits Powered by Positive Psychology
  Christopher Chen, MS, CGU
  Scott Donaldson, MS, CGU
  Leigh Schroyer, CGU
  Christina Whalen, CGU
- Creating a Workplace with Meaning and Purpose
  Raylene Gonzalez, MBA, Fullerton College
- Using Positive Psychology and Hypnotherapy to Improve Worker Well-Being and Performance
  Jessica Morales, Certified Hypnotherapist and EFT Practitioner, College of Hypnotherapy

Morning Concurrent Session 5 | Burkle Room 14
Education & Teaching Positive Psychology
- Teaching Positive Psychology as a Hero’s Journey to a Life Worth Living
  Bruce W. Smith, PhD, University of New Mexico
- Teaching Positive Psychology in High School:
  Applicable Curriculum Benefits Students
  John B. Ameen, MA, ThunderRidge High School, Highlands Ranch, CO

Morning Concurrent Session 6 | Burkle Room 12
The Role of Habits Within Positive Psychology Symposium, Part II
- Positive Affect and Need Fulfillment
  Brendon Ellis, MA, CGU
- Fostering Habitual Prosociality
  Rachel Baumsteiger, MA, CGU
- Help Me, Help You
  James P. McConchie, MA, CGU

12:00 pm – 12:50 pm | Break for Lunch

WPPA conference discount available at Scripps College Dining Hall

For an interactive, searchable map of campus, use the QR code or visit cgu.edu/map
1:00 pm – 1:50 pm  |  Afternoon Concurrent Sessions 7, 8, 9

Afternoon Concurrent Session 7  |  Burkle Room 16
Multi-Paper Session I

- Performance Under Pressure in Sports: A Positive Psychology Perspective
  Mark Otten, PhD, California State University, Northridge

- Teaching Wisdom Skills in K-12
  Shani Robins, PhD, Stanford University

Afternoon Concurrent Session 8  |  Burkle Room 14
Multi-Paper Session II

- Big Data & Bayesian Statistics: Tracking Positive Psychology
  Margaret Yau, MS, Crafton Hills College
  T. L. Brink, PhD, Crafton Hills College

- Can Prosocial Behaviors and Positive Emotions Be Considered Protective Factors for Alcohol Use?
  Ivett Gabriella, PhD, California State University, Dominguez Hills
  Carl D. Sneed, PhD, California State University, Dominguez Hills

- Appreciation at Work: An Exploratory Study
  Christina Putrov, CGU
  Kathryn Doiron, MA, CGU
  Sharon Hong, CGU
  Saumya Aggarwal, CGU

Afternoon Concurrent Session 9  |  Burkle Room 12
Multi-Paper Session III

- What Good is Gratitude in School? Effects on Motivation, Social Ties and Well-Being
  Giacomo Bono, PhD, CSU-Dominguez Hills
  Jason Sender, CSU-Dominguez Hills
  Kelvin Smith, CSU-Dominguez Hills
  Johanna Roman, CSU-Dominguez Hills

- Emerging Leaders: Study of Transformational Leadership Character Strengths in Adolescents
  Aaron A. Street, CSU-Dominguez Hills
  Kelvin Smith, CSU-Dominguez Hills
  Julie Mendoza, CSU-Dominguez Hills
  Giacomo Bono, PhD, CSU-Dominguez Hills
2:00 pm – 2:50 pm  |  Afternoon Concurrent Sessions 10, 11, 12

Speakers Concurrent Session 10  |  Burkle Room 16
New Directions for Positive Psychology Research Labs at CGU
Stewart I. Donaldson, PhD, CGU
Kendall Cotton Bronk, PhD, CGU
Jason T. Siegel, PhD, CGU
Jeffrey Yip, PhD, CGU

Afternoon Concurrent Session 11  |  Burkle Room 14
Multi-Paper Session 4
- Compassionate Love for Humanity and Subjective Well-Being
  Steven A. Zarian, MA, CGU
  Mihaly Csikszentmihalyi, PhD, CGU
- The Relationship Between Personal Wisdom and Meaning-Making: Exploring How Mindfulness May Be an Explanatory Factor
  Noah Ringler, MA, CGU
- What Is Your Purpose? A Mixed-Methods Investigation of Purpose Content
  Rachel M. Baumsteiger, MA, CGU

Afternoon Concurrent Session 12  |  Burkle Room 12
Multi-Paper Session 5
- How Social Media Elicits Emotional Responses
  Hasan M. Khan, University of California, Irvine
  Derrick Lee, University of California, Irvine
  Eugene Salonga, University of California, Irvine
  Eric Yang, University of California, Irvine
- Searching for Meaning: A Thematic Analysis of Spiritual Memoirs and Autobiographies
  Stephen A. Metcalf, MPhil, Dartmouth College
- You Can Flow from Within: A Conceptual Framework of the “Flowability”
  Qing Yan, MA, CGU
3:00 pm – 3:50 pm | Afternoon Concurrent Sessions 13, 14

Afternoon Concurrent Session 13 | Burkle Room 16
Future Research Direction in Positive Psychology and the Future of Work
- Positive Psychology and the Future of Work
  Jeffrey Yip, PhD, CGU
- Toward a Positive Psychology of Relationships
  Meghana Warren, MA, MBA, CGU

Afternoon Concurrent Session 14 | Burkle Room 14
Positive Developmental Psychology
- Future of Fostering Youth Purpose Research
  Kendall Cotton Bronk, PhD, CGU
- Multiple Pathways to Positive Development: Insights from a Regional Learning Collaborative and Theory of Change Model
  Nazanin Zargarpour, PhD, CGU
  James McConchie, MA, CGU
  Elyse L. Postlewaite, MA, CGU

4:00 pm – 4:50 pm | Closing Keynote Address
Burkle Room 16
Addressing Major Problems in Society: The Next Generation of Positive Psychology Research
Stewart I. Donaldson, PhD, CGU, Chair
Mihaly Csikszentmihalyi, PhD, CGU, Presenter

5:00 pm – 5:50 pm | Meet the Authors and Poster Session
Burkle Lobby Area
Meet the authors of popular and forthcoming books on positive psychology.
Wine & Cheese Reception
Network With Colleagues
Poster Session

1. Towards a Holistic Conception of “The Good Life”  
   Author: Rachel M. Baumsteiger, MA, CGU

2. Development and Validation of the Thrifty Behaviors and Beliefs Scale  
   Authors: Juliette L. Ratchford, BA, and Sarah Schnitker, PhD, School of Psychology, Fuller Theological Seminary

3. How Does Social Identity Framing Make People Feel?  
   Authors: Viviane Seyranian, PhD, Kristene Hossepioan, Jennifer Lerch, Jessica Saucedo, Cal-Poly Pomona

4. The Best Possible Selves: Intervention for College Populations  
   Author: Susan A. Mangan, MA, CGU

5. Albert Einstein: A Case Study of Authentic Happiness and Flow  
   Authors: Robert C. Norbryhn and T. L. Brink, PhD, Crafton Hills College, Yucaipa, CA

6. The Efficacy of Adventure-Based Positive Psychology Coaching  
   Author: Cordele Glass, CGU

7. Could Anxiety Be Helpful? Predicting Clutch Performance in Sport  
   Authors: Mark T. Swanson, Deanna Perez, MA, Andre Vartan, Komeno Ogbeneme, Allison Diep, and Mark P. Otten, PhD, CSU-Northridge

8. Jinger Duggar - Case Study Assessment by the Authentic Happiness Laboratory  
   Authors: Victoria C. Karalun and T. L. Brink, PhD, Crafton Hills College, Yucaipa, CA

9. Don’t Sweat the Small Stuff: Effects of Gratitude and Materialism on Student Stress and Well-Being  
   Authors: Jason T. Sender, BA, Johanna Roman, Robert Tyler Nastav and Giacomo Bono, PhD, Youth Gratitude Lab, CSU-Dominguez Hills

10. Relational Resilience in Early Adulthood: Conceptualization and Applied Research Implications  
    Authors: Lilly D. Rowland, MA, Xacasia A. Evans, MA, Brenna Moore, MA, and Shelly P. Harrell, PhD, Graduate School of Education and Psychology, Pepperdine University