



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 Hossepian, 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