PALO ALTO UNIVERSITY

PAU Speaker Series Presents:

A Discussion on Positive Psychology

Students typically think about psychology in reference to mental illnesses and psychopathology. However, a relatively new field in psychology, Positive Psychology, uses scientific understanding and effective intervention to aid in the achievement of a satisfactory life. Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

Dr. Paul Marcille will speak about Positive Psychology, its applications and some of its techniques, reducing negative thinking styles, enhancing emotional health, and flourishing.

Foothill College - Hearthside Lounge
May 10th, 12:00PM
RSVP: www.PositiveFoothill.eventbrite.com

PALO ALTO UNIVERSITY
Engaging Minds, Improving Lives

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