

The Alan E. Kazdin Endowed Lecture in Psychology

Exploding the Misery Myth

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Among the most surprising findings in social science is that emotional well-being improves with age. I will discuss the empirical evidence and offer a theoretical framework that accounts for improvements in emotional experience and regulation as we age. The perception of time is key: Recognition of mortality and steady constraints on time horizons change motivation in fundamental ways. Preferences change. Cognitive resources are directed toward positive information. Priority is placed on emotional meaning. Together, these changes benefit mental health.

Oct. 9, 2018

Student Union

Ballroom A and B

3:00 p.m. - 4:30 p.m.

Admission: FREE

This annual lecture is supported by a generous endowment honoring the work of Dr. Alan E. Kazdin, Musser Professor of Psychology at Yale University, Director of the Yale Parenting Center, and an alumnus of the SJSU Psychology Department (1967).

Each year we invite a distinguished and influential speaker to inspire a new generation of psychologists and shape the future of our field and our society.