Student Handbook

Master of Applied Positive Psychology (MAPP)

University of Pennsylvania

Positive Psychology Center
College of Liberal and Professional Studies
Academic Year: 2014-2015
TABLE OF CONTENTS

Letter of Introduction ................................................................. Page 2

Staff ........................................................................................................ Page 3

Academic Information ........................................................................ Page 4
  - Degree Program Requirements
  - Advising and Academic Support Services
  - Academic Standards
  - Schedule
  - Registration and Administrative Procedures
  - Grading Policies

Financial Information ....................................................................... Page 11
  - Tuition and Fees
  - Financial Aid Resources

Student Health ................................................................................... Page 12

Faculty ................................................................................................ Page 13

Getting to Know Penn and Philadelphia ......................................... Page 15
  - Housing
  - Transportation
  - Graduate Student Life

Information for International Students ............................................ Page 18
  - Curricular Practical Training (For International Students)
  - International Student Orientation
Dear Student,

Welcome to the Master of Applied Positive Psychology program--or as we like to call it: MAPP. I am eagerly looking forward to meeting you in the Fall and to spending a meaningful and rewarding year together. You are one of an exceptional group of students coming in from all across the globe, and I know you’re going to enjoy learning from our world-class faculty and meeting the other amazing students in this year’s program.

Since the MAPP program follows a hybrid format, it is probably a bit different from other academic experiences you have had. To help you throughout the year, we are providing this Student Handbook. Please take the time to read it carefully, and make sure to refer to it often, as it contains information on everything from academic policies and financial matters to housing and transportation resources. Feel free to contact the relevant departments or businesses directly via the web sites and telephone numbers listed. If you need further help, our MAPP team will be happy to answer your questions or point you in the right direction. You can learn more about our roles and contact information on the staff page.

Once again, I’m delighted that you will be joining us. It’s going to be a year full of hard work, deep learning, and outrageous fun!

With great anticipation,

[Signature]

James O. Pawelski
Director of Education and Senior Scholar
Positive Psychology Center
Staff

James Pawelski, Ph.D. is Director of Education and Senior Scholar in Positive Psychology and Adjunct Associate Professor of Religious Studies at the University of Pennsylvania. He is the author of *The Dynamic Individualism of William James*, editor of the philosophy section of the *Oxford Handbook of Happiness*, and co-editor of *The Eudaimonic Turn: Well-Being in Literary Studies*. His current research interests include the philosophical underpinnings of positive psychology, connections between positive psychology and the various disciplines in the humanities, and the development, assessment, and application of positive interventions. In addition, he is the founding executive director of the International Positive Psychology Association (IPPA).

Contact: pawelski@psych.upenn.edu, (215) 573-6933

Leona Brandwene, MAPP ‘10 is the Associate Director of the MAPP program. As Associate Director, Leona supports MAPP program strategy, operations, planning, and development. She serves as the coordinating instructor for MAPP700 in the fall. You can reach out to her with all concerns related to academic issues and the MAPP learning experience. Along with her work in positive psychology, Leona is a coach and consultant in health care, and loves running, family, and hockey. She lives in State College with her husband Josh and 10-year-old daughter Sophie.

Contact: Leona@brandwene.com, (860) 970-4418

Andrea Allmayer Radine, Ed.M. is the Administrative Director for Programs in the Natural Sciences in the College of Liberal and Professional Studies (LPS). Andrea splits her time between MAPP and the Master of Medical Physics (MMP) program. She helps oversee MAPP operations, works on strategic initiatives, and is the program liaison to LPS and to MAPP alumni. Along with other staff, Andrea is a good person to contact with questions about University resources and policies. Andrea lives near Philadelphia with her husband Jason. She enjoys movies, exercising, and MAPP on-site lunches.

Contact: allmayer@sas.upenn.edu, (215) 746-4336

Aaron Boczkowski is the Program Coordinator for MAPP. He manages the admissions process, coordinates the operations calendar and the logistics for on-site classes, supports students and alumni, maintains the program budget, and assists with strategic planning and program development. Aaron is the “go-to” expert for all administrative questions (e.g., billing, Penn resources, graduation, etc.). Aaron has been playing the drums for over 25 years and loves playing music or going to shows whenever he can. He lives in the Fishtown section of Philadelphia with his wife Clair and their baby girl Anna.

Contact: aaronb2@sas.upenn.edu, (215) 746-0441

Sydney Rubin is the Assistant Coordinator for MAPP. During on-sites, Sydney serves as the Classroom Manager and makes sure everything is running smoothly. You may contact Sydney with any questions about on-site logistics; please also inform her if you are unable to be in class for any reason. Sydney assists Aaron with administrative processes and can help answer administrative and logistical questions. She is, additionally, MAPP’s Resident Canvas Expert. She lives in South Philadelphia and loves to have conversations about TV shows, technology, and positive psychology.

Contact: sydrubin@sas.upenn.edu, (215) 746-1273
Academic Information

Degree Program Requirements

Students are required to complete nine course units for the Master of Applied Positive Psychology degree. These are completed within a single calendar year. Four courses are taken in the Fall semester, and four in the Spring. The final course (the Capstone) is completed during the Summer semester.

Advising and Academic Support Services

The MAPP academic advisor is Leona Brandwene. Specific Capstone advisors will be selected at the beginning of the second semester.

We encourage students to access the variety of academic support services available through the University of Pennsylvania. The Critical Writing Program (3808 Walnut Street, http://writing.upenn.edu/critical/) provides writing advising to help graduate students conceptualize, plan and stage the work, and polish the final draft. The Weingarten Learning Resources Center (3702 Spruce Street, www.vpul.upenn.edu/lrc/) provides professional instruction and individual counseling in university relevant skills such as academic reading, writing, study strategies, and time management.

The Office of Learning Resources includes Student Disabilities Services (SDS), which provides comprehensive professional services and programs for students with disabilities to ensure equal academic opportunities and participation in University-sponsored programs. Reasonable accommodation to a qualified student’s known disability may be provided to assure equal access. Penn invites students with disabilities to self-identify themselves at any time during their course of study as enrolled students. Although the self-identification process is confidential and completely voluntary, it is required for those requesting accommodation. SDS may be contacted by phone at 215.573.9235, by TDD at 215.746.6320, or via the web at http://www.vpul.upenn.edu/lrc/sds.

Academic Standards

In keeping with University of Pennsylvania policies, MAPP students are required to maintain high academic standards.

- Any student whose GPA falls below 3.0 in one semester is subject to an academic warning. Students who receive an academic warning must meet with their MAPP academic advisor and create a plan to remediate the situation. Failure to remediate may result in academic dismissal.

- Students must pass all nine courses in the program with no more than one grade of B or lower in order to graduate.

- An Incomplete or an Extended Incomplete must be made up by the date determined by the academic advisor (Leona Brandwene) and the Instructor. All work for Fall semester courses must be complete before the beginning of Spring semester.
**Academic Monitoring**

Due to the unique format and rigorous nature of MAPP, it is important to make sure all students are performing up to the academic standards set by the university. For this reason, student performance across classes will be monitored by the MAPP administrative staff. In the event of significant underperformance by a student across multiple courses, the MAPP administrative staff may hold a case conference consisting of course Instructors, Assistant Instructors and MAPP staff to discuss the student’s performance and create a plan for intervention, if needed. Examples of academic underperformance include consistently low quality work (grades lower than B), regular failure to complete assignments on time, cheating, plagiarism or other behavior that is inconsistent with Penn’s academic integrity policy (http://www.upenn.edu/academicintegrity/ai_codeofacademicintegrity.html).
Schedule

Class hours consist of both on-site classes (OS) and distance learning. All on-site classes will be held at the University of Pennsylvania. Class hours are 9:00 a.m. – 6:00 p.m. on Fridays, 8:00 a.m. – 5:00 p.m. on Saturdays, and 8:00 a.m. – 4:00 p.m. on Sundays, with the possibility of other activities being scheduled in the evenings. Fall OS1 (Immersion Week) will include orientation activities. Please note that we will always be done at 4:00 p.m. on Sunday (the last day of the weekend). You may plan your travel knowing that we will begin at 9:00 a.m. on the first day and end at 4:00 p.m. on the last day.

<table>
<thead>
<tr>
<th>Fall Semester Class Dates</th>
<th>Spring Semester Class Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>OS1 September 3 - 7</td>
<td>OS1 January 9 - 11</td>
</tr>
<tr>
<td>Distance Learning</td>
<td>Distance Learning</td>
</tr>
<tr>
<td>OS2 September 26 - 28</td>
<td>OS2 January 30 - February 1</td>
</tr>
<tr>
<td>Distance Learning</td>
<td>Distance Learning</td>
</tr>
<tr>
<td>OS3 October 17 - 19</td>
<td>OS3 February 27 - March 1</td>
</tr>
<tr>
<td>Distance Learning</td>
<td>Distance Learning</td>
</tr>
<tr>
<td>OS4 November 7 - 9</td>
<td>OS4 March 27 - 29</td>
</tr>
<tr>
<td>Distance Learning</td>
<td>Distance Learning</td>
</tr>
<tr>
<td>OS5 December 5 - 7</td>
<td>OS5 April 24 - 26</td>
</tr>
</tbody>
</table>

MAPP Schedule of Courses  
2014-2015

**FALL**

- MAPP 600 670 Intro to Positive Psychology  
  Martin Seligman
- MAPP 601 670 Research Methods and Evaluation  
  Angela Duckworth
- MAPP 602 670 Foundations of Positive Interventions  
  James Pawelski
- MAPP 700 670 Approaches to the Good Life  
  Paul Bloom, Scott Kaufman, John Ratey, Paul Rozin, Barry Schwartz

**SPRING**

- MAPP 702 670 Applied Positive Interventions  
  Leona Brandwene
- MAPP 708 670 Positive Psychology and Individuals  
  Karen Reivich and Judy Saltzberg
- MAPP 709 670 Positive Psychology and Institutions  
  Meredith Myers
- MAPP 710 670 Humanities and Human Flourishing  
  James Pawelski

**SUMMER**

- MAPP 800 970 Capstone  
  Judy Saltzberg
Registration and Administrative Procedures

PennKey
A PennKey is required to authenticate, or verify, an individual’s identity for many of Penn’s networked computer systems and services. Authorized users need a PennKey and password to access such resources as Penn InTouch, certain library resources, and public campus computers. A PennKey is also required to obtain a Penn e-mail address. New students should receive a letter with information on how to create a PennKey and password after the Intent to Enroll form is received by the College of Liberal and Professional Studies (LPS). If you do not receive such a letter, you should go to the Registrar’s Office in the Franklin Building and request a temporary Personal Identification Number (PIN) that you may use to register your PennKey. Alternatively, you may visit www.upenn.edu/computing/pennkey/ for the link to request that a temporary PIN be mailed to you. Temporary PINs will not be given over the phone or by e-mail.

PennCard
The PennCard is the official University of Pennsylvania identification for students, faculty, and staff. The PennCard provides access to University facilities, services, cash convenience, and more. Only students officially enrolled in courses may receive a PennCard, which should be carried at all times. MAPP students will send in a photo for the PennCard and will receive their PennCards when they arrive for classes during Immersion Week. Please send your photo to Sydney Rubin, sydrubin@sas.upenn.edu.

PennCard photos are used for academic purposes so please note that your professors, advisors, and other University personnel may see the photo you submit. Requirements of the photo:
- Color photo taken within the past 6 months (passport-like photo)
- Full face, front view (no sunglasses, hats, over or underexposure, etc.)
- Everyday attire
- Plain white or neutral background
- Approximately 2” x 2” in size
- The image from the bottom of the chin to the top of the head should be between 1” and 1 3/8”.
- Electronic images must be in the form of a jpg. Please contact Aaron if you are having trouble with the image file type.
- Please print your name on the back of the photo if you are not sending the photo electronically.

Penn InTouch
Penn InTouch (PIT) provides secure access via the Internet to online course registration, class schedules, academic records, future academic planning, billing, financial aid application status and awards, address corrections and updates, and student health information. A PennKey is required to access Penn InTouch at https://medley.isc-seo.upenn.edu/penn_portal/intouch/splash.html.

Registration
MAPP students will be registered for their courses by MAPP administration. The classes are listed under MAPP Schedule of Courses on p. 6 of the handbook.

Social Security Number
A valid Social Security number is required for registration. This number will be used as a student identification number. A student who does not have a Social Security number may obtain one by contacting the local Social Security Office. The LPS office will assign international students a student identification number to be used for all University transactions.
Leave of Absence
If you discover that you are unable to continue with your course work and would like to request a leave, you should notify the MAPP administrative director, Andrea Allmayer Radine, in writing. The leave of absence requires approval by MAPP administration in order for the student to maintain active status.

Withdrawing from the Program
If you cannot continue in the program and choose to withdraw, you must consult first with your MAPP academic advisor (Leona Brandwene). In order to withdraw, you must also drop all of your classes. Absence from class does not constitute a drop, nor does notifying the instructor.

Depending upon when you drop your courses, you may be responsible for part or all of your tuition and fees. Please refer to the dates and deadlines published on the LPS website for each term to determine when you may drop a course with or without penalties. (www.sas.upenn.edu/lps/calendar#03). Refunds for the MAPP program fee will be prorated depending upon when you withdraw from the program.

Students may drop their courses with no financial obligation until the add/drop deadline. This date is approximately two weeks into the term. Students may also drop their courses between the second and fourth weeks of the term, but in so doing will incur a 50% financial obligation for the tuition and fee for the dropped courses. Please see specific deadlines for dropping with a 50% tuition penalty on the LPS website.

Students may withdraw from their courses after the deadline to drop a course has passed (approximately four weeks into the term) and before the withdrawal deadline for that term. To withdraw, students must complete a withdrawal form outlining the reasons for the request, and obtain written approval from the instructor. Normally, permission is granted and a “W” is recorded on the transcript. After the published withdrawal deadline, students are permitted to withdraw only under extraordinary circumstances. Students who withdraw from their courses have full financial obligation, except in documented cases of illness, military service, or other extraordinary circumstances, when they may petition for a 50% refund. Withdrawal deadlines and forms are available on the LPS website (www.sas.upenn.edu/lps/resources/).

Administrative Support
The Positive Psychology Center partners with the College of Liberal and Professional Studies (LPS) to be your liaison with the School of Arts and Sciences and the wider University. The Positive Psychology Center and LPS will provide all academic support, including advising. On-site class scheduling is handled through the Positive Psychology Center. The College of Liberal and Professional Studies will help with questions about the registration process, your records at Penn, and graduation logistics. All billing and official transcripts are administered through the University’s Bursar and Registrar offices. All aspects of the financial aid process—including the initial application and money disbursement—are handled through Student Financial Services, www.sfs.upenn.edu. Any questions about immunizations and health insurance are handled through Student Health Services, www.upenn.edu/shs. If you encounter a problem with any administrative function, contact your advisor, who will help you accomplish what you need to do.
Grading Policies

Credit and Grading System
A Course Unit represents three or four semester hours. A grade of “I” (Incomplete) or “II” (Extended Incomplete) indicates that the instructor has given permission to a student to complete a course at a later date. An Incomplete or an Extended Incomplete must be made up by the date determined by the academic advisor (Leona Brandwene) and the Instructor. Students with one or more grades of Incomplete are subject to registration hold. If a student earns an "F" in a course, this grade remains on the record and is not erased even if the course is repeated with a passing grade. A grade of “F” is always calculated in the cumulative grade point average.

Grading scales are determined by the instructor of each course and are not necessarily consistent across the MAPP program as a whole.

Policy for Assignment Due Dates
Just as students are on a tight timeline to submit papers and projects, instructors are on a tight timeline to grade and return them. Students should be respectful of instructors’ schedules by submitting all of their homework on time. **In the rare case that a student is unable to submit an assignment on time, he or she should email the Assistant Instructor(s) as soon as reasonably possible (and no later than the due date).** This prevents instructors from having to spend valuable time tracking down any students who have not submitted their assignments. The student should communicate the reason for the delay and specify a requested alternative due date. Students who do not submit an assignment by the due date and do not communicate with their instructor prior to the due date will receive a grade penalty. A grade penalty may also be assessed for students who request excessive extensions and/or request extensions for avoidable reasons, and thereby do not abide by the spirit of this policy. Specific grade penalties are determined by the instructor teaching each course.

Transcripts
A transcript of a student’s academic record in LPS is available upon written request by the student to the University Registrar. Transcripts cost $10 to $15 each depending on the type of request. Allow two weeks for transcripts to be sent. Visit [www.upenn.edu/registrar/transcripts/transcripts.html](http://www.upenn.edu/registrar/transcripts/transcripts.html) for complete instructions. Informal copies of your transcript can be obtained through the Penn InTouch system.

Code of Academic Integrity
The standing of an educational institution and the value of a degree from that institution are dependent upon the integrity of study and research carried on at that institution. The Code of Academic Integrity is drawn to make clear the policy of the University concerning academic honesty. **Each student attending the University must abide by this code,** the text of which appears at [www.upenn.edu/academicintegrity/ai_codeofacademicintegrity.html](http://www.upenn.edu/academicintegrity/ai_codeofacademicintegrity.html)

Confidentiality of Student Records
Pursuant to the Family Educational Rights and Privacy Act of 1974, as amended, in general, personally identifiable information can be disclosed to people outside the University only with the written consent of the student or alumnus involved. More information about privacy policies can be found at [http://www.upenn.edu/oacp/privacy/](http://www.upenn.edu/oacp/privacy/).

Nondiscriminatory Policy
The University of Pennsylvania values diversity and seeks talented students, faculty and staff from diverse backgrounds. The University does not discriminate on the basis of race, color, sex, sexual orientation, religion, national or ethnic origin, age, disability, or status as a disabled or Vietnam Era veteran in the administration of its educational policies, programs, or activities, admissions policies
and procedures, scholarship and loan programs, employment, recreational athletic or other University-administered programs. Questions or concerns regarding the University's equal opportunity and affirmative action programs and activities or accommodations for people with disabilities should be directed to the Executive Director, Office of Affirmative Action and Equal Opportunity Programs, Sansom Place East, 3600 Chestnut Street, Suite 228, Philadelphia, PA 19104-6106 or by phone to 215.898.6993 (Voice) or 215.898.7803 (TDD) www.upenn.edu/affirm-action/.
Financial Information

Tuition and Fees

Tuition is the cost of instruction. The current tuition rates for MAPP students are the graduate student rates for the University of Pennsylvania. These can also be found at www.pennpositivepsych.org.

There are fees in addition to tuition charges. The General Fee enables the University to maintain such essential facilities as the library system, institutes, and special laboratories and to run non-academic services such as the Career Services Office and Counseling and Psychological Services. MAPP students are also charged a one-time Program Fee of $1,775.

All tuition and fee charges are subject to the approval of the Trustees of the University of Pennsylvania and may change without notice. The figures listed are proposed rates and may be subject to change.

<table>
<thead>
<tr>
<th>Term</th>
<th>Tuition</th>
<th>Program Fee*</th>
<th>General Fee</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>$23,024</td>
<td>$1,775</td>
<td>$1,293</td>
<td>$26,092</td>
</tr>
<tr>
<td>Spring</td>
<td>$23,024</td>
<td>N/A</td>
<td>$1,293</td>
<td>$24,317</td>
</tr>
<tr>
<td>Summer</td>
<td>$5,756</td>
<td>N/A</td>
<td>$324</td>
<td>$6,080</td>
</tr>
</tbody>
</table>

*This is a one-time annual Program Fee of $1,775, which covers program activities specific to MAPP.

Financial Aid Resources

MAPP students may be eligible to apply for financial assistance through Student Financial Services (SFS) depending on their enrollment and degree status. To apply for financial aid through SFS, students should visit the web site www.sfs.upenn.edu.

The Office of Student Financial Services no longer mails paper bills; all billing is electronic. E-bills are sent after registration has been processed. A billing schedule may be found at www.sfs.upenn.edu/billing/billing-schedule.htm. You may view your e-bill on PennPay via the student portal at this website: http://medley.isc-seo.upenn.edu/penn_portal/view.php. All tuition and fees are payable by the date indicated on the bill. Students are required to pay in full the amount listed. Students with billing/payment questions or problems should contact Student Financial Services or the LPS office. Students will continue to be held liable for payment until such time as their indebtedness is removed. Exceptions may be granted by petition to the College of Liberal and Professional Studies and only under extraordinary circumstances.

The University reserves the right to withhold registration material, transcripts, and all other information regarding the record of any student who is in arrears in the payment of tuition, fees, or any other charges, including student loans. For continued delinquency in the payment of debts to the University, the student may be permanently dropped from the rolls. The enforcement of this penalty shall not relieve the student of the obligation to pay any outstanding fees and charges.

For complete information on these and related financial matters, contact Student Financial Services, 100 Franklin Building, 3451 Walnut Street, 215.898.1988.
Student Health

Student Health Insurance

Because of the unique nature of the MAPP program’s hybrid model of on-site and distance learning, and because most students are not typical residential graduate students, MAPP students are exempt from the Student Health Service policies for full-time graduate students.

MAPP students are eligible to apply for the Penn Student Insurance Plan (PSIP) through Student Health Service. If they choose to enroll in PSIP, they must apply online at http://www.vpul.upenn.edu/shs/inreq.php

EXEMPTIONS:
If a MAPP student chooses not to enroll in PSIP (because they have their own insurance), the MAPP students are NOT required to submit a waiver. They will not be automatically enrolled in PSIP.

MAPP students are NOT required to submit the Medical History questionnaire required for immunization compliance.

Student Health Services

MAPP students are exempted from the mandatory clinical fee charge, which covers primary basic services at the Student Health Service (SHS). If MAPP students require services at Student Health, there will be applicable fees, including the clinical fee.

For students enrolled in PSIP, the University provides outpatient medical care through its Student Health Service. The SHS offers an array of clinical services, including initial and follow-up treatment of acute medical illness and injury, management of chronic health problems, health screening, and preventive care. The clinical fee is mandatory for all students enrolled in PSIP.

The Student Health service is located at 3535 Market street (36th and Market streets) suite 100. Be sure to bring your PennCard and insurance information whenever you go for medical care. For hours and other information refer to the Student Health website www.upenn.edu/shs or call 215.746.3535.

Other information may be sent to the students during the summer, but the information in this handbook supersedes all the information you may receive directly from Student Health Services. Please confirm with Aaron Boczkowski if you have any questions.

Counseling & Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) fosters personal growth to enable Penn students to take full advantage of academic and social opportunities at Penn. Students learn to manage personal challenges, psychological problems, and situational crises and develop strategies to cope with academic stress and skills for life-long learning. CAPS also provides professional psychological and psychiatric services to students who are having personal problems involving social, emotional, academic, and career issues. The most frequent concerns are poor academic performance, stress management, depression, anxiety, low self-esteem, eating problems, drug and alcohol abuse, racial/ethnic identity issues, relationship conflicts, sexual identity concerns, career conflicts, and loss/grief. Services are free and confidential. Visit http://www.vpul.upenn.edu/caps/ for information on scheduling an appointment or call the front desk at 215.898.7021. If you are having an emergency when the office is closed, call 215.349.5490 and ask for the on-call clinician.
Faculty

Faculty for the 2014-15 academic year include:

**Paul Bloom, Ph.D.**, Professor of psychology at Yale University. His research explores how children and adults understand the physical and social world, with special focus on morality, religion, fiction, and art. He has won numerous awards for his research and teaching. He is past-president of the Society for Philosophy and Psychology, and co-editor of Behavioral and Brain Sciences, one of the major journals in the field.

**Leona Brandwene, MAPP, PCC**, serves as faculty and coach for a variety of national health care performance improvement projects that focus on clinical performance improvement, leadership, and safety. She works with executives and teams to move research into bedside practice in acute care settings. Leona has worked in employee wellness and community health initiatives focused on improving health through larger-scale interventions. A certified coach, she is a MAPP.5 alum, holds an undergraduate degree in exercise physiology, and has served as an assistant instructor in the MAPP program since 2010.

**Angela Duckworth, Ph.D.**, Assistant Professor of Psychology at the University of Pennsylvania. Dr. Duckworth studies non-cognitive predictors of achievement. In recent studies, she has demonstrated the dramatic impact of self-control on academic achievement. Another area of research interest is grit, defined as passionate perseverance in the pursuit of a long-term goal. Grit has been shown to be a strong predictor of performance in especially challenging situations, such as the United States Military Academy at West Point and the National Spelling Bee.

**Scott Barry Kaufman, Ph.D.**, Scientific Director of The Imagination Institute and a researcher in the Positive Psychology Center at the University of Pennsylvania. Dr. Kaufman investigates the development and measurement of imagination, the determinants of creative achievement, and the many paths to greatness. In his book, *Ungifted: Intelligence Redefined*, Dr. Kaufman presents a holistic approach to achievement that takes into account each person’s ability, engagement, and personal goals. Dr. Kaufman is also co-founder of The Creativity Post, and he writes the blog Beautiful Minds for Scientific American Mind. Dr. Kaufman completed his doctorate in cognitive psychology from Yale University in 2009 and received his masters degree in experimental psychology from Cambridge University in 2008, where he was a Gates Cambridge Scholar.

**Meredith Myers**, Faculty lecturer in the Management Department at Wharton. Ms. Myers works with the Wharton Leadership Division to co-instruct the course, Management 100: Leadership and Communication in Groups, a course required of all undergraduates in the business school. She also teaches the course Applied Positive Psychology and Institutions for Penn’s Masters Program in Applied Positive Psychology. Her research focuses on the potential for collaboration across organizations—ranging from how relationships evolve in strategic alliances between corporations and non-profit organizations to how private online networks might support employees entering new organizations and careers.

**James Pawelski, Ph.D.**, Director of Education and Senior Scholar at the Positive Psychology Center. Dr. Pawelski is the author of *The Dynamic Individualism of William James* and has written articles on the theoretical underpinnings of positive psychology. He is interested in basic conceptual questions such as the meaning of “positive” in positive psychology, the technical definition of “positive intervention,” and the precise articulation of the fundamental principles of positive psychology. He also works on the development and testing of specific positive interventions and on their application.
in personal, professional, and academic settings. He is the founding Executive Director of the International Positive Psychology Association (IPPA).

**John Ratey, MD**, Associate Clinical Professor of Psychiatry at Harvard Medical School, research synthesizer, speaker, and best selling author. An internationally recognized expert in Neuropsychiatry, Dr. Ratey has published over 60 peer reviewed articles, and 8 books published in 14 languages, including the groundbreaking ADD-ADHD “Driven to Distraction” series with Ned Hallowell, MD. With the publication of his most recent books, *Spark: The Revolutionary New Science of Exercise and the Brain* and *Go Wild*, Dr. Ratey has established himself as one of the world’s foremost authorities on the brain-fitness connection. He serves as Adjunct Professor at National Taiwan Sports University and is Reebok’s Ambassador for Active Kids. Recognized by his peers as one of the Best Doctors in America since 1997, Dr. Ratey and his work are frequently profiled in the media, where he’s been featured on ABC, CBS, NBC, PBS and NPR, as well as in The New York Times, Newsweek, The Washington Post, US News and World Report, Men’s Health, and other national publications.

**Karen Reivich, Ph.D.**, Research Associate in the Positive Psychology Center at the University of Pennsylvania. Dr. Reivich co-directs the Penn Resiliency Program, is an investigator on a grant from the Department of Education to teach positive psychology to 9th grade students, and lectures extensively to educators, parents, and business leaders on the topics of resilience, depression prevention, and positive psychology. She is the co-author of *The Resilience Factor* and is the master trainer for the Positive Psychology Center’s educational projects in the UK and Australia.

**Paul Rozin, Ph.D.**, Professor of Psychology at the University of Pennsylvania. Over the last 25 years, the major focus of his research has been human food choice, considered from biological, psychological and anthropological perspectives. During this period, he has studied the psychological significance of flavorings placed on foods in different cuisines, the cultural evolution of cuisine, the development of food aversions, the development of food preferences, family influences in preference development, body image, the acquisition of liking for chili pepper, chocolate craving, and attitudes to meat. Most recently, major foci of attention have been the emotion of disgust, the entry of food issues (e.g., meat, fat) into the moral domain in modern American culture, French-American differences in the food domain, attitudes to recycled water, the psychology of music, and the nature of remembered pleasure.

**Judy Saltzberg, Ph.D.**, Licensed Psychologist in private practice. A Founding Fellow of the Academy of Cognitive Therapy, Dr. Saltzberg supervises therapists in training, and is interested in the application of positive psychology to clinical interventions. She has also been working with the Penn Resilience Program for almost 20 years, first with educators in the U.K. and Australia, and more recently with the U.S. Army. She is enjoying the opportunity to teach soldiers to be Master Resilience Trainers (MRT's) as part of the Army's Comprehensive Soldier Fitness initiative.


**Martin Seligman, Ph.D.**, Zellerbach Family Professor of Psychology at the University of Pennsylvania and founding director of the Positive Psychology Center. A past president of the American Psychological Association, Dr. Seligman is the author of many books including, *Flourish*, *Learned Optimism*, *Authentic Happiness* and (with Christopher Peterson) *Character Strengths and Virtues: A Handbook and Classification*. 
Getting to Know Penn and Philadelphia

The Penn web page [www.upenn.edu/highlights/prospective.php](http://www.upenn.edu/highlights/prospective.php) has a wealth of information about Penn and Philadelphia, including maps, tourist information, and events both on campus and in the city.

Housing

This is a list of some hotel options on Penn campus (The Hilton Inn at Penn, Sheraton Hotel) and in Center City (5-10 minutes by bus). The prices for Homewood Suites, Club Quarters and the Sheraton are Penn discounts. There may be additional AAA discounts for some hotels. This list is not comprehensive and prices are subject to change without notice.

**Recommended**

- **Homewood Suites** - $139/night (use links below to reserve rooms)
  4109 Walnut St., Philadelphia, PA 19104 (215.382.1111)
  **Fall** – On-Site 1, On-Site 2, On-Site 3, On-Site 4, On-Site 5
  **Spring** – On-Site 1, On-Site 2, On-Site 3, On-Site 4, On-Site 5

**Other Options**

- **Club Quarters** - $70-$188/night (Member Login: PENN)
  1628 Chestnut St., Philadelphia, PA 19103 (215.282.5000)

- **Sheraton University City** - $139/night if semester booked up front. $169/night
  3549 Chestnut St., Philadelphia, PA 19104 (215.387.8000)

Use [this link](http://www.sheraton.com) to access the MAPP rate. If booking by phone, use extension 606. To get the $139 rate for booking the entire semester, you must call the hotel.

- **The Hilton Inn at Penn** - $231-$305/night (special rate applies only to onsites listed below)
  3600 Sansom St., Philadelphia, PA 19104 (215.222.0200)
  **Fall** – On-Site 1, On-Site 2, On-Site 3, On-Site 5
  **Spring** – On-Site 1, On-Site 2, On-Site 3

**Long Term**

2121 Pine Street
Website: [http://mansionmatt.com/mansionmatt/Home.html](http://mansionmatt.com/mansionmatt/Home.html)
Contact: Matthew White - matt@whitehousesinc.com
Transportation

The Penn transportation site [www.upenn.edu/services/transportation.php](http://www.upenn.edu/services/transportation.php) has information about transit maps, parking information, and general transportation issues.

The website for Philadelphia public transportation information is [www.septa.org](http://www.septa.org). This includes schedules for the commuter rail, trolleys, subways, and busses.

**Airport Transportation Info**
- Shuttle services are around $10-$15. Information is available at the airport. No reservations are required. (e.g., Lady Liberty Airport Shuttle runs 24 hours a day, 7 days per week. Lady Liberty shuttle vans are located at the baggage claim area or by dialing #27 on any airport phone. Lady Liberty will also prearrange shuttle service.)
- Taxis are available to and from the Philadelphia Airport at a flat rate of $28.50. The ride takes about 20 minutes.
- The Airport Line train ([www.septa.org](http://www.septa.org)) is easily accessible from all airport terminals. The train leaves every 30 minutes, and will take you to either the University City Station on Convention Ave or to 30th Street Station. The weekday fare is $6.50 with a pre-purchased ticket or $8.00 on the train and the ride takes 18 minutes to the University City Station.

**Arriving by Amtrak or SEPTA trains @ 30th Street Station**

Amtrak Railway Map | SEPTA Railway Map
- All Amtrak Northeast Corridor trains and all SEPTA Regional trains stop at the 30th Street Station.
- From there one can walk to campus in about 15 minutes.
- A metered cab costs about $5 including tip and the ride takes about 5 minutes.

**Penn Campus Transportation Info**
- The LUCY (Loop through University City) is a shuttle operating Mondays through Fridays, from 6:10 a.m. until 7:00 p.m., between 30th Street Station and University City. Managed by the University City District, it is free for holders of a valid Penn ID. Schedule and route information can be found at [http://universitycity.org/lucy](http://universitycity.org/lucy).

**Penn Campus - Center City**
- The 21 Bus is available at any corner on Chestnut Street. The 42 Bus is available at 33rd and Chestnut, or anywhere on Chestnut east of 33rd.

**MORE DETAILED INFORMATION** for using the Regional Rail Lines, the Subway/Surface Rail Lines, the Market/Frankford Rail Line, the LUCY Loop and other SEPTA buses to get to and around the campus.

Purchasing bags of multiple tokens for public transportation is less expensive than paying by cash. You can purchase tokens at the University of Pennsylvania Book Store at 36th & Walnut Streets, among other locations.
Graduate Student Life

The Graduate Student Center
The Graduate Student Center organizes events and provides resources for graduate and professional students at Penn. It also organizes optional New Student Orientation activities and online sessions each summer to orient students to Penn and Philadelphia. Incoming students are encouraged to participate. The GSC website also features a campus resource guide, checklist for incoming students, full calendar of activities, and much more.

Graduate and Professional Student Assembly (GAPSA)
GAPSA is the university-wide student government for all graduate and professional students at the University of Pennsylvania. GAPSA engages in an ongoing dialogue with the leaders of the university; funds graduate student governments, student groups, student-led initiatives, travel grants, and research grants and stipends; and plans events both large and small to keep students connected and engaged in life at Penn.
Information for International Students

Curricular Practical Training (For International Students)

Given the applied nature of MAPP, it can be of great value to continue working while in the program, so that you can immediately begin to apply what you learn. This can be a challenge, though, for international students relocating to the U.S. on an F-1 student visa. In these cases Curricular Practical Training (CPT) can be an option. CPT is not needed for students already in the country on a work visa (e.g. H-1B).

CPT is defined as "alternate work/study, internship, cooperative education, or any other type of required internship or practicum which is offered by sponsoring employers through cooperative agreements with the school." Thus, CPT for F-1 students is intended to provide work experience in the U.S. in situations where the work serves as an integral part of a student's academic program and an established curriculum, prior to completion of that program. You can read more about CPT here:

http://global.upenn.edu/isss/cpt

Though MAPP does not have an internship requirement, many of the assignments are about applying what you are learning to your professional experiences. For this reason International Student and Scholar Services (ISSS) has determined that MAPP students are eligible for CPT. CPT can only be done during one semester. We recommend the Spring semester, since it is focused more on the application of positive psychology, while the Fall is more theoretical. Doing CPT in the Spring will also allow for you to get everything in order during the Fall semester.

If you are interested in applying for CPT, you must do the following:

1) Consult with Andrea Allmayer Radine (allmayer@sas.upenn.edu) about your desire to apply for CPT.
2) Obtain a copy of your official offer letter on company letterhead that is signed by the prospective employer. A photocopy is acceptable. The letter should include the employer's name, full address, dates of employment, and duties. The offer letter should also reflect that the job is related to MAPP courses and serves to enhance the applied learning that is integral to MAPP.
3) Once you talk with Andrea and have the offer letter, submit the CPT application online via iPenn (https://www.ipenn.oip.upenn.edu/) indicating that Andrea is your advisor.
4) Andrea will receive the application and approve it.
5) Your application will be forwarded to ISSS for final approval.
6) ISSS will issue a new I20 and you will receive an email when it is ready for pickup.
7) Apply for a Social Security number with the new I20.

International Student Orientation

International Student Orientation (ISO) is required for all incoming F-1 or J-1 international students. For information, visit the International Student and Scholar Services (ISSS) website at http://global.upenn.edu/isss/orientation#events. MAPP will schedule a special orientation session, but we encourage you to arrive early to take care of orientation on your own.