



KAT PARKS

B.A. Psychology

Minor: University Honors

*Mentor: Shari Kuchenbecker,
Ph.D.*

Beckman 209

Positivity

My presentation will take a small peek at Barbara Fredrickson's groundbreaking happiness research found in her book *Positivity*. Fredrickson's broaden-and-build theory of positivity will also be examined, with an emphasis on the ability to increase creativity with increased positivity. Lastly, Fredrickson's theory of a positivity ratio will be discussed. The audience will have the chance to take a short survey calculating their own positivity ratio.