

**Workshop 9: The Arts, Humanities, and Human Flourishing: Can Culture Foster Well-Being and Fuel Academic Success? (English Session)**

8/10/2016 10:15 am – 11:45 am

**Moderator: Prof. LAM Ching-Man** Professor, Department of Social Work, The Chinese University of Hong Kong

**Speaker: Dr. James PAWELSKI** Director of Education and Senior Scholar, Positive Psychology Center, University of Pennsylvania, USA

**Title: The Arts, Humanities, and Human Flourishing: Can Culture Foster Well-Being and Fuel Academic Success? (English Session)**

**Abstract:**

What is the value of the arts and humanities? How do they support human flourishing? Can they be tapped to help us increase our well-being more effectively? In this interactive session, we will examine the role of art, music, literature, and movies in our lives and explore ways in which they can help us thrive in our communities and in our schools.