

Connecting Neuroscience with Meaning in Life



Speaker:
Prof. Michael Steger
Colorado State University

Date: 26 April 2018

Time: 18:00 - 21:00

**Venue: Research Complex RLB502,
Hong Kong Shue Yan University**

Registration:



Enquiry:

positiveneuro2018@gmail.com

Transport:



Green Mini-bus Route 25 : Causeway Bay MTR Station to Braemar Hill

Green Mini-bus Route 49M : Tin Hau MTR Station to Braemar Hill

Abstract

There are certain “eternal questions” that seem to have been with our species since the origin of our self-awareness: Why is there life, and where did it come from? Why am I here? How should I live my life? Psychological research has made great progress in learning about our human urge to seek such eternal questions, primarily through research on spirituality and meaning in life. This talk provides highlights from research on meaning in life and spirituality, and explores where the next great strides forward are likely to occur through the connecting of neuroscience with spirituality and meaning in life.

About the Speaker

Michael F. Steger, Ph.D. is a Professor of Counseling Psychology and Applied Social Psychology at Colorado State University. Dr. Steger received his Ph.D. with a dual specialization in Counseling and Personality Psychology from the University of Minnesota in 2005. He also is the Founding Director for the Laboratory for the Study of Meaning and Quality of Life. His research interests concern better understanding the factors that promote human flourishing and ameliorate psychological suffering. In particular, he has focused on researching how people generate the sense that their lives are meaningful, as well as investigating the benefits of living a meaningful life. He speaks at organizations and conferences around the world, and has published more than 100 peer-reviewed journal articles and scholarly book chapters. His published works include two books, *Designing Positive Psychology*, and the recently-released *Purpose and Meaning in the Workplace*. His *Meaning in Life Questionnaire* has become the most widely-used measure of meaning and purpose in the world. He is an Associate Editor for *Journal of Personality*, and serves on the editorial board of numerous journals.



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