“Thriving in College: Achieving success in school and beyond”

As the instructor of the ever-popular NYU course, “The Science of Happiness,” and as the author of *U Thrive*, Dan Lerner is using positive psychology to help people lead happy lives. Using cutting-edge research into how executives, artists and athletes overcome anxiety, Lerner is teaching us to achieve well-being, rediscover our core strengths and define success — on our own terms.

1:15 p.m.

Dr. Michael Finkelstein, MD

“The Evolving Landscape of Higher Education: Considerations for the impact on personal and institutional success”

Dr. Michael Finkelstein, “The Slow Medicine Doctor*,” is the executive director of The Slow Medicine Foundation and is the author of *Slow Medicine: Hope and Healing for Chronic Illness*, endorsed by doctors Andrew Weil, MD and Mehmet Oz, MD. Drawing from his diverse medical expertise, Finkelstein offers both a micro and macro point of view on today’s healthcare needs and challenges.

9:30 a.m.