



Aging Purposefully

How Having a Life Direction Promotes Success in Old Age

Public Lecture

Prof. Dr. Patrick L. Hill, *Washington University in St. Louis, USA*

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Time: 16:15 – 17:30

Room: AND 3 02/3 06 (3rd floor), Andreasstrasse 15, 8050 Zurich

Abstract

Leading a purposeful life involves having clear goals and sense of direction for the days, months, and years ahead. Though having a purpose is regularly discussed as a beneficial for adult development, research has only recently begun to investigate the role of purposefulness on healthy aging. The current talk will begin by describing how we describe and assess sense of purpose in psychological research. Next, I will discuss my research linking purposefulness to important life outcomes in adulthood, such as greater health, wealth, and wellbeing. Finally, the talk will consider why having a sense of purpose appears so consistently valuable for healthy aging, setting forth the agenda for future work in the field.

Short Bio

Patrick L. Hill is an associate professor in the Department of Psychological and Brain Sciences at Washington University in St. Louis. He is a faculty member in both the Social and Personality and the Aging and Development divisions within psychology, as well as a faculty scholar in the Institute for Public Health at that school. He received his B. A. in Psychology and Economics at Indiana University and his M. A. and Ph. D. in Cognitive Psychology at University of Notre Dame. He is the Director of the P.A.T.H. (Purpose, Aging, Transitions, and Health) Lab at Washington University, where his research investigates the role of individual differences, such as personality traits, sense of purpose, and life goals, on adaptive development and health outcomes across the lifespan.

