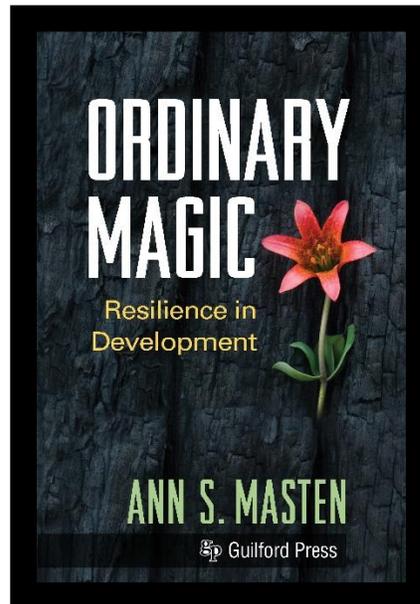


# Ordinary Magic: Highlights from Studies of Resilience in Children, Youth, and Families

Presented by Dr. Ann Masten



## Abstract

Professor Masten will discuss contemporary perspectives on resilience from a developmental systems perspective, highlighting progress and new horizons in resilience science with implications for practice. Resilience is defined as the capacity of a system (person, family, or community) to adapt successfully to challenges that threaten system function, viability, or development. Resilience of a person is always changing, influenced by interactions across many connected systems, including relationships, culture, and ecology, as well as the person's own neurobiology and mind. Protective factors identified by scholars who study individuals and families will be compared. Professor Masten will illustrate ideas on resilience from research on children and youth threatened by the risks of homelessness, disasters, war, and poverty.

**Ann S. Masten, Ph.D.**, is a Regents Professor and the Irving B. Harris Professor of Child Development in the Institute of Child Development at the University of Minnesota. She completed her doctoral training at the University of Minnesota in clinical psychology with an internship at UCLA. In 1986, she joined the faculty in the Institute of Child Development at the University of Minnesota, serving as chair of this department from 1999 to 2005. Professor Masten's research focuses on understanding processes that promote competence and prevent problems in human development, with a focus on resilience in the context of high cumulative risk, adversity, and trauma. She directs the Project Competence Research on Risk and Resilience, including studies of normative populations and high-risk young people exposed to war, natural disasters, poverty, homelessness, migration, and related adversities. This work includes assessments of risk, stress, adversity, competence, life success, well-being, and potential promotive/protective influences involved in resilience. Dr. Masten has authored more than 200 publications, including the 2014 book, *Ordinary Magic: Resilience in Children*, published by Guilford Press. She recently co-chaired the Forum on Investing in Young Children Globally for the U.S. National Academies, while also serving on their Board on Children, Youth, and Families. She has served as President of the Society for Research in Child Development and President of Division 7 (Developmental) of the American Psychological Association (APA). In 2014, she received the Bronfenbrenner Award for Lifetime Contributions to Developmental Psychology in the Service of Science and Society from APA. Professor Masten regularly teaches a mass online open course (MOOC) through Coursera on "Resilience in Children Exposed to Trauma, Disaster and War: Global Perspectives" that is taken by many professionals around the world.