



Invitation to a guest-lecture by Prof. Dr. Constantine Sedikides



title: The Future of Nostalgia
day: Thursday, 19th of October 2017
time: 10.15 - 12.00
room: *to be announced*, Binzmühlestrasse 14/7, 8050 Zürich
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Abstract

Nostalgia is a bittersweet, self-relevant, and social emotion. The content of nostalgic accounts features the self as protagonist, albeit embedded with close others into momentous occasions. Also, nostalgic content entails more expressions of positive than negative affect, and depicts redemption than contamination life scenes. Nostalgia has remarkable implications for one's future. It promotes an approach (vs. avoidance) orientation. It raises optimism, and it does so by boosting social connectedness (a sense of support, belongingness, and acceptance) and subsequently lifting self-esteem. It increases creativity, and it does so by bolstering openness to experience. It kindles prosociality, such as intentions to donate and actual monetary donating. And it promotes intergroup contact. Far from reflecting escapism from the present, nostalgia potentiates a positive, attainable future.

Relevant references

- Sedikides, C., Wildschut, T., Routledge, C., Arndt, J., Hepper, E. G., & Zhou, X. (2015). To nostalgize: Mixing memory with affect and desire. *Advances in Experimental Social Psychology*, 51, 189-273. doi: 10.1016/bs.aesp.2014.10.001
- Sedikides, C., Wildschut, T., Cheung, W.-Y., Routledge, C., Hepper, E. G., Arndt, J., Vail, K., Zhou, X., Brackstone, K., & Vingerhoets, A. J. J. M. (2016). Nostalgia fosters self-continuity: Uncovering the mechanism (social connectedness) and the consequence (eudaimonic well-being). *Emotion*, 16, 524-539. doi:10.1037/emo000136
- Sedikides, C., & Wildschut, T. (2016). Past forward: Nostalgia as a motivational force. *Trends in Cognitive Sciences*, 20, 319-321. doi: 10.1016/j.tics.2016.01.008

Short biography

Constantine Sedikides' research is on self and identity (including narcissism) and their interplay with emotion and motivation, close relationships, and group or organizational processes. He has published 14 volumes and over 300 articles. He has received several awards, such as the *Kurt Lewin Medal for Outstanding Scientific Contribution* from the European Association of Social Psychology and *The Presidents' Award for Distinguished Contributions to Psychological Knowledge*, The British Psychological Society (2012). Before joining the University of Southampton, Constantine taught at the University of Wisconsin-Madison, USA, and the University of North Carolina at Chapel Hill, USA. He holds a PhD from the Ohio State University, USA.