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Positive Computing is an important book in a few different ways. Firstly, it is jointly written by a computer scientist and a social scientist, so it does a good job at surveying the relevant psychological literature through the eyes of a technology professional (or a computer scientist).

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Positive Computing: Technology for Wellbeing & Human Potential. Book author: Rafael A. Calvo and Dorian Peters Reviewed by: Ran Zilca Last updated: 17 May 2016 ~ 2 min read.

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## **Positive Computing | The MIT Press**

The convergence between these two

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trends has led to the emergence of new research and development fields, including “Positive Technology” and “Positive Computing,” each with the aim of developing technology that is consciously designed to foster well-being in individuals and groups.

## **Positive Technology, Computing, and Design: Shaping a ...**

The Wellbeing Technology Lab (previously the Positive Computing Lab) is an interdisciplinary initiative of researchers & practitioners based at the University of Sydney with collaborators at institutions worldwide. The group's mission is to contribute world-leading research into how technology can be designed to support psychological wellbeing.

## **Positive Computing: Lab**

Positive Computing brings together research and methods from fields as diverse as psychology, economics, education, neuroscience and human-

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computer interaction in order to provide an initial foundation, theoretical framework, and evaluation methods for an emerging field. It looks not only at technologies custom-built to foster psychological wellbeing, but also at the potential for wellbeing research to enhance the experience of all technology.

### **Positive Computing: Book**

Today, a growing number of technologists would go further, trying to ensure that their work actively improves people's lives. Technology, so pervasive and ubiquitous, has the capacity to increase stress and suffering; but it also has the less-heralded potential to improve the well-being of individuals, society, and the planet. In this book, Rafael Calvo and Dorian Peters investigate what they term "positive computing" -- the design and development of technology to support psychological ...

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## **Positive Computing: Technology for Wellbeing and Human ...**

In this book, Rafael Calvo and Dorian Peters investigate what they term “positive computing”—the design and development of technology to support psychological well-being and human potential.

## **Positive Computing by Rafael A. Calvo, Dorian Peters ...**

Until 2018, we ran the Wellbeing Technology Lab (previously the Positive Computing Lab) at the University of Sydney (see the feature in Interactions Magazine) with collaborators at the Black Dog Institute, Brain and Mind Centre, Cambridge Wellbeing Institute, Changineers, Charles Perkins Centre, Microsoft Research, ReachOut, Tobias, UCL Interaction Centre and many others.

## **Positive Computing: About**

In Positive Computing, Calvo and Peters show how research in the psychological principles of enjoyment, engagement,



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and empowerment can be used to design technology that enhances our lives, creates more engagement and pleasure, and makes positive contributions to our emotional lives.

## **Positive computing: technology for wellbeing and human ...**

Wellbeing-supportive Design (also called positive computing) refers to the design and development of technology that supports psychological wellbeing. As a field it encompasses an emergent intersection of disciplines including: Human computer interaction, Psychology, Neuroscience, Affective computing, Behavioral economics and the Social sciences.

## **Positive Computing: Researching**

Positive Computing is an important book in a few different ways. Firstly, it is jointly written by a computer scientist and a social scientist, so it does a good job at surveying the relevant psychological literature through the eyes

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of a technology professional (or a computer scientist).

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