

# What is known about the pathway to aging well?

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Daniel K. Mroczek, professor of psychology and professor of medical social sciences in the Weinberg College of Arts and Sciences at Northwestern University, will discuss his research at a symposium on resilient aging during the American Association for the Advancement of Science (AAAS) annual meeting in Chicago.

The interdisciplinary symposium "The Science of Resilient Aging" will be held on Sunday, Feb. 16, in Grand Ballroom A in the Hyatt Regency Chicago.

Through his research, Mroczek has found that [personality traits](#) have emerged as unique predictors of health, well-being and longevity across various segments of the adult lifespan.

He will discuss his work on personality and health in his presentation, "Personality, Health and Longevity." Mroczek has conducted extensive research on lifespan [personality](#) development, including change, stability and trajectory models of key traits.

There is accumulating evidence for wide variation in patterns of growth and decline through the adult lifespan. Many adults exhibit high levels of physical and mental fitness, engage in satisfying activities and sustain rich and nurturing social relationships into very late in the life span.

Provided by Northwestern University

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