



2023 PSYCHOLOGY DISTINGUISHED LECTURER SERIES

DR. MELANIE DIRKS

**Friday, March 31, 2022
2:30pm • Dunning Hall 11**

With or Without You: Maintenance and Dissolution in the Friendships of Young Adults

Having high-quality friendships is associated with greater well-being across the lifespan, making it critical to understand the skills that contribute to the maintenance of friendships, as well as when and why friendships end. In this talk, I will discuss recent work in my lab examining maintenance and dissolution of friendships during young adulthood (ages 18 to 25 years), a developmental period during which friendships are a primary source of social connection. By focusing on key challenges that occur in the friendships of young adults – such as friendship transgressions and exchange of support – I hope to elucidate processes in friendship (e.g., effective provision of support), as well as characteristics of friends (e.g., implicit beliefs about friendship), that promote high-quality friendships, as well as contribute to friendships' demise.

ABOUT DR. MELANIE DIRKS

Dr. Melanie Dirks trained as a clinical and developmental psychologist, earning her PhD at Yale University. She completed a pre-doctoral clinical internship at the University of Illinois at Chicago and a postdoctoral fellowship at the Offord Centre for Child Studies at McMaster University before joining the faculty at McGill University in 2009, where she is now Full

Professor. Prof. Dirks' research focuses on (a) mapping the social and emotional skills children, adolescents, and young adults need to develop and maintain health relationships with peers and siblings, and (b) understanding how interpersonal functioning contributes to psychological symptoms.



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