

# Weekly Wednesday

Department of Educational Psychology

## What's Inside:

- 1) Top Stories
- 2) Updates & News
- 3) EDPS Spotlights
- 4) Around Campus
- 5) December Happiness
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# EDPS GA EVALUATIONS

Don't forget! If you are on an assistantship within EDPS, you MUST complete a SEMESTERLY evaluation with your supervisor.

**ROUTING ORDER FOR SIGNATURES:**  
You → Your supervisor → Your advisor →  
the Department Chair (Sue Swearer)

**Find the evaluation form here:**

[HTTPS://CEHS.UNL.EDU/EDPSYCH/CURRENT-STUDENT-SUPPORT/](https://cehs.unl.edu/edpsych/current-student-support/)

★★★★★  
**DUE NO LATER  
THAN DEC. 17TH**  
★★★★★ by 4:00pm



## IT'S TIME FOR THE ANNUAL EDPS GINGERBREAD DECORATING CONTEST!

Each program will complete a gingerbread house. The gingerbread houses will be displayed in TEAC 114 the week of final exams, and the entire department will vote for their favorite! Winning program gets a pizza party in Spring 2026.

Gingerbread houses are due to the front office by

Friday, December 12th. Voting will take place

December 15–19, with the winning team  
announced in the first Weekly Wednesday of 2026.

**WHO WILL WIN??? TIME WILL TELL!!! BEST OF LUCK, AND HAVE FUN!**



## Oolong, Farewell... Honoring Dr. Beth Doll

You are invited to join us for an afternoon of celebrating the accomplishments of Dr. Beth Doll during her time at UNL. Stop by for tea and light refreshments, and wish Beth a happy retirement!



Wednesday  
December 10

3:00–  
5:00pm

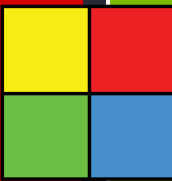
227  
CPEH

Join the Department of  
Educational Psychology in  
celebrating Dr. Beth Doll, who  
will be retiring in December.

*Tea will be available at the event, as  
well as a spattering of finger foods!*

**Wed. Dec. 10th  
CPEH 227  
3-5pm**





UNL WILL COMPLETE ITS YEARLONG MICROSOFT 365 AND WORKSTATION MIGRATION JAN. 2-5, WHEN IT SHIFTS TO A NEW EMAIL DOMAIN AND WRAPS UP THE FINAL PHASE OF THE FUTURE READY CLOUD COLLABORATION WORKSPACE MIGRATION PROJECT.

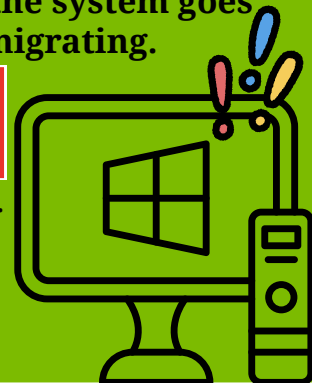


# WHAT DOES THIS MEAN?

Students will temporarily lose access to Outlook, OneDrive and other Microsoft tools during the final phase, with queued email delivered once the system goes online Jan. 5. OneDrive files may take additional days to finish migrating.

**AFTERWARD, STUDENTS WILL LOG IN WITH  
NUID@NEBRASKA.EDU AND CURRENT PASSWORD.**

Note: you may need to re-share OneDrive and SharePoint links post-migration. Virtual assistance will be offered Jan. 5-9 via the [ITS Zoom Support Room](#) from 8 to 10:30 a.m., with walk-in help at all HuskerTech locations from 8 a.m. to 5 p.m. Additional pop-up help centers will operate the week of Jan. 12 at Cather Dining Center and the Osborne Legacy Complex. Students, faculty and staff can also contact the HuskerTech Help Center at 402-472-3970 or [nusupport@nebraska.edu](mailto:nusupport@nebraska.edu).



## ARE YOU PREPARED FOR WINTER AND WEATHER-RELATED NEWS?

When winter weather strikes, it can impact University of Nebraska-Lincoln operations in a number of ways. When inclement weather is in the forecast, students, faculty and staff should be prepared to complete assignments and/or work remotely.

LEARN MORE ABOUT THE DIFFERENT TYPES OF WEATHER CLOSURES AND ALERTS HERE: [HTTPS://GO.UNL.EDU/ZM7F](https://go.unl.edu/zm7f)



# GRADUATE FELLOWSHIPS AND AWARDS IS NOW OPEN!

THE OFFICE OF GRADUATE STUDIES INVITES NOMINATIONS FOR ITS ANNUAL GRADUATE RECOGNITION AWARDS, FOLSOM AWARDS, GRADUATE STUDENT FELLOWSHIPS, AND POSTDOC AWARDS.

Faculty and staff who would like to nominate an individual should review the descriptions for each nomination category and use the online nomination form where you can provide details about the nominee and nominator. Please note, only faculty and staff may submit a nomination.

Nominators will be required to submit a nomination letter (letter of support/recommendation) and the nominee's CV at the time of nomination. A confirmation email will be generated once the nomination form is completed. Departments may nominate more than one student for fellowship consideration.

## QUESTIONS?

Contact Jamie Longwell at [jamie.longwell@unl.edu](mailto:jamie.longwell@unl.edu)



**FACULTY AND STAFF CAN SUBMIT NOMINATIONS BY DEC. 17, 2025 [HERE](#).**



Get to know your GAB/SOS Board Members!

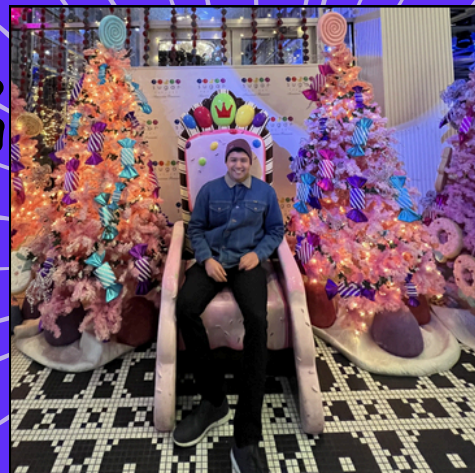
## Introducing... Alexis Chavez

Alexis is a QQPM student who currently works in the Nebraska Academy for Methodology, Analytics, & Psychometrics (MAP Academy).

**What is something you've done recently that you're really proud of?**



I finished third place in the Omaha Hot Cider Hustle Half Marathon in October of this year!



**What's one of the best books that you've read recently?**

The Dispossessed: An Ambiguous Utopia by Ursula K. Le Guin



**What is something you love about EDPS?**

I love the diversity of research that is being done by students in the department! It is always interesting to see what others are doing.

**In terms of student support, what are your specialties or areas of interest in which you can provide support to students in EDPS?**

I would say my specialty, or at least what I hope I could do, is to assist SOS in being an organization that can better assist students in finding resources or places to go to when having to manage issues in the department that might not be able to be addressed by faculty or that they are unsure if it can be addressed by them.



**COOL THINGS HAPPENING IN EDPS**

COOL!



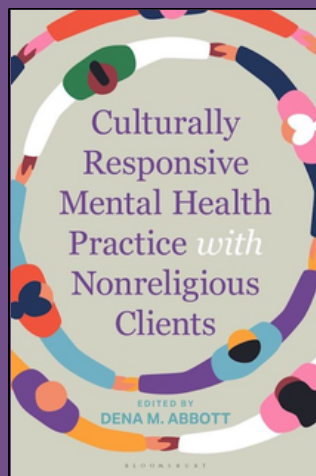
**AS PART OF DR. SUSAN SWEARER'S BRAVE LAB, JARED NOETZEL AND MELANIE WILLIS PRESENTED AT THE ASSOCIATION OF BEHAVIORAL AND COGNITIVE THERAPIES 59TH ANNUAL CONVENTION IN NEW ORLEANS, NOVEMBER 20TH - 22ND. THE PRESENTATION WAS TITLED UNDERSTANDING THE U.S. POLITICAL DIVIDE IN MENTAL HEALTH SERVICE UTILIZATION: HELP-SEEKING AND INTERNALIZED DISTRESS IN YOUNG ADULTS. THEY ALSO MET UNL'S SCHOOL PSYCHOLOGY ALUMNA, LINNEA SWANSON. LINNEA IS NOW A PEDIATRIC PSYCHOLOGIST AT ADVOCATE CHILDREN'S HOSPITAL AND WAS PRESENTING WITH ST. JUDE'S RESEARCH HOSPITAL.**



**BRAVE LAB**

BULLYING RESEARCH and VICTIM EMPOWERMENT  
RESEARCH LAB





# DID YOU HEAR THE NEWS?

DR. DENA ABBOTT'S NEW BOOK  
IS AVAILABLE FOR PRE-ORDER!



YOU CAN READ MORE ABOUT IT AND PRE-ORDER THE BOOK AT THE LINK BELOW!

[HTTPS://GO.UNL.EDU/ABBOTT\\_BOOK](https://go.unl.edu/abbott_book)



**nami**

**Ending (EtS)  
the Silence**

**National Alliance on Mental Illness**

The Lincoln Affiliate of NAMI is offering an opportunity to UNL students to participate in a NAMI program called Ending the Silence (EtS). NAMI will train UNL students to co-deliver a free, evidence-based, 50-minute session designed for middle and high school students about mental health conditions alongside a young adult with a mental health condition who will describe their journey to recovery.

The presentation is already developed including short videos. Audience members can ask questions and gain understanding of an often-misunderstood topic.

Through dialogue, UNL students can help grow the movement to end stigma

There is training and \$25 stipend for each 50-minute presentation they give. Here is a link to the EtS webpage. Interested students should contact Brent Toalson at [jbtoalson63@gmail.com](mailto:jbtoalson63@gmail.com).



**EDPS 991-001**

**Spring 2026 DLS Course Offerings**

**EDPS 991-002**

## **SOCIAL & AFFECTIVE NEUROSCIENCE**

*With Dr. Bella Starling Alves*

**Thursdays @ 1:30-4:20pm**

*This course counts towards the Educational Neuroscience Certificate and requires no prerequisites*

Explore current methodology, trends, and findings in social & affective neuroscience. Social neuroscience has studied how biological systems contribute to social/interpersonal behavior, and affective neuroscience has focused on the biological mechanisms underlying emotions, as well as psychiatric disorders with emotional disturbance.

## **DEVELOPMENTAL COGNITIVE NEUROSCIENCE**

*With Dr. Carrie Clark*

**Thursdays @ 9-11:50am**

*This course counts towards the Educational Neuroscience Certificate.*

Learn about development in cognitive domains like memory, executive function, attention, and social cognition through the lens of neuroscience and neurobiology. Students will gain knowledge of the trajectories of growth in neurophysiological systems from prenatal life to late adulthood. We will consider the role of socio-contextual experiences in shaping neural circuitry and discuss ways to apply this information to support learning and wellbeing in applied developmental contexts.



# DECEMBER HAPPINESS

This month, seek out joy together. 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Say hello to your neighbors.	2 Ask more interesting questions.	3 Consider what you want in a relationship.	4 Start your day with gratitude.	5 Make space for the possibility of forgiveness.	6 Slow down and savor the holidays.
7 Spend quality time with loved ones.	8 Live with integrity.	9 Have a conversation about your disagreements.	10 Invite someone on a walk.	11 Relax with a friend or partner.	12 Look for beauty in what you see.	13 Lean on a friend when you're in need.
14 Be patient and empathic with others.	15 Show your affection with physical touch.	16 Be brave.	17 Send a loving text message.	18 Be generous with people.	19 Meditate for a few minutes at work.	20 Own up to your mistakes.
21 Join in the Big Joy Project!	22 How connected are you to humanity? Take our quiz to find out.	23 Go outside of your comfort zone.	24 Have a meaningful conversation with a young person.	25 Uphold a holiday ritual.	26 Show your love through kindness.	27 Remember funny moments from your day.
28 Care for yourself when you're struggling.	29 Eat mindfully.	30 Find a community where you can grow.	31 For the new year, let something go.		 <b>Greater Good Science Center</b> <a href="http://ggsc.berkeley.edu">ggsc.berkeley.edu</a> <a href="http://greatergood.berkeley.edu">greatergood.berkeley.edu</a>	



## BAKE COOKIES FOR A NEIGHBOR



PARTICIPATE IN  
MUTUAL AID

TELL YOURSELF HOW PROUD  
YOU ARE FOR BEING YOUR  
AUTHENTIC SELF



PLAY IN  
THE SNOW



LEND A  
HELPING HAND



HOST A CRAFT NIGHT



SMILE AT  
EVERY DOG  
YOU SEE

SCHEDULE A LONG  
PHONE CALL  
WITH A FRIEND







## Upcoming Office Hours

December 4-10, 2025

Please email Sue  
([sswearer@unl.edu](mailto:sswearer@unl.edu)) to  
set up an appointment

Susan Swearer, Ph.D., LP  
Chairperson  
Department of Educational Psychology  
University of Nebraska-Lincoln



## NEED TO MEET W/ JULES?

If you would like to meet with Jules, you must send them an email to set up an appointment.

APPOINTMENTS AVAILABLE IN-PERSON AND VIA ZOOM

\*Note: Jules is unable to meet on Wednesdays

EMAIL JULES  
[jmeyers19@unl.edu](mailto:jmeyers19@unl.edu)

## Want to reserve a room?

While Zee is out of the office, room reservation requests can be submitted at the following link:

<https://unlscheduling.nebraska.edu>

Please note: Many rooms have already been booked through the end of the semester. Submission of a room request does not guarantee your preferred room.



## need to request materials from CSPC?



Microsoft Form Link: <https://go.unl.edu/cspcmaterials>

