

Weekly Wednesday

Department of Educational Psychology

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Dear EDPS faculty, staff, and students:

Wow! This semester felt both incredibly short and incredibly long at the same time, didn't it? It's hard to believe that the end of the semester is just around the corner! I wish you the best of luck as you prepare for your exams, and to those who are graduating in December: CONGRATULATIONS! You made it! I am so proud of all the hard work each of you is doing to chase after your goals and your dreams. I tell people all the time that I genuinely am working a "dream job" that I never knew existed. I feel so incredibly lucky to have this role at the University, and I feel even luckier knowing I get to work alongside each of you and offer support to y'all in a multitude of ways. I like to say I'm working "stage management for academia", so I guess I've been training for this for over a decade! Thank you for allowing me the space to be here and to thrive in this environment!

As many of you know by now, I will be out of the office for the bulk of December and into January while I recover from a life-changing surgery. I will be working remotely, but with limited hours. As such, this will be our last Weekly Wednesday of 2024! Please feel free to contact me while I am away. I appreciate your patience as my response times may be a bit delayed. I feel so incredibly supported and encouraged by each of you. Thank you for your well-wishes, your joy, and your light. I will truly miss everyone while I'm away!!

During my absence from the office, Kellan and Zee have graciously offered to take on some tasks for me in order to help support the department to the best of our abilities. Keep reading to learn more information about planning end-of-semester events, using the HyVee card, and how to order food for your events.

I hope each of you enjoys the upcoming winter break and you can fill your heart with whimsy, delight, and fun. Eat lots of cookies, watch your favorite shows, curl up with your favorite blanket, and do things that bring you joy. You deserve it!

See y'all in 2025! With gratitude, Jules

Planning end-of-semester events? here are some things you need to know:

Food for on-campus events must come from an Approved Caterer. The list of Approved Caterers is updated at the beginning of each month. Please bookmark THIS WEBPAGE to access the most updated list. Please work with KELLAN on all catering requests, pCard usage, & reconciliation!



Need to use the HyVee card?

COORDINATE WITH ZEE!

Please refer to the email from Jules on how to properly submit your HyVee receipt



Winter Break is just around the corner!

a few reminders before you go...

UNL staff & faculty will be completely out of the office from December 23-January 1st.

REGISTER NOW!

Are you registered for all of your classes?

a reminder: if you are receiving a fellowship, you must be enrolled as a full-time student, or you will forfeit your fellowship.

If you need a permission code, please check CARS first to see if your course is listed. If you do not see the course for which you want to register, please contact Zee for assistance.



All DEMAC library books must be returned by Friday, December 13th

please utilize the "check in" QR code to return your books!
additionally, please collaborate with Zee on a time to drop off your books.

Looking for textbooks for Spring 2025?

To look at the inventory, please visit the DEMAC TEAMS page: <https://go.unl.edu/edpsteams>

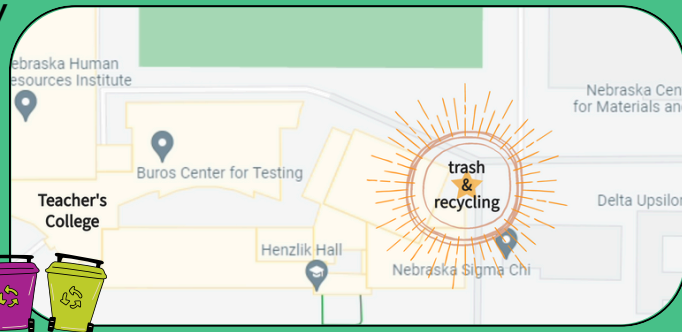
If you see that a PDF of your textbook is available, please email Zee and Jules to request the PDF. Please include the author and full title of the textbook of which you would like a PDF. Be sure to check TEAMS to ensure that a PDF is available prior to requesting one!

You MUST take out all of your office trash and recycling prior to break!!!

this should be done on a regular basis, but especially before the break.

Please remember that it is YOUR responsibility to take out all trash and recycling to the receptacles behind Henzlik hall. There is a bin for trash, one for paper recycling, and the other for broken down cardboard.

The dumpsters are located to the south of Mabel Lee Recreation Fields near the driveway between Henzlik and Nebraska Sigma Chi. Please see the image above for a description of where to place your trash and recycling.



Reminders



weekly WINS-day

SUPER SWAP SUCCESS!

Thank you SO MUCH to everyone who participated in our EDPS Super Swap!!! We were able to get warm winter clothing to so many people,



and we couldn't have done it without your help!!!

Special shoutout to Amanda! Thanks for being our rope dropper. 😊

Mary participated in a marathon race, and she is proud to have completed her goal for this marathon!!!

Mary said it was difficult yet empowering, with over 7,000 in attendance!

Mary, we are SO proud of you! We celebrate you and all that you are!



DECEMBER HAPPINESS CALENDAR

this month, find peaceful moments together

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Recognize that all emotions come and go.	2 Remember a kind act someone did for you.	3 Be generous.	4 Connect with your sense of purpose.	5 Strive to be a good neighbor.	6 Paint or sketch.	7 Make space to listen to someone who needs it.
8 Marvel at the randomness that brought you to where you are today.	9 Treat other people with dignity.	10 Face your fears little by little.	11 How strong are your social connections? Take our quiz to find out.	12 Spend five minutes paying attention to your breath.	13 Identify shared goals to make collaboration easier.	14 Drink water!
15 Look for successful people who inspire you.	16 Work together for democracy.	17 Slow down and savor the holiday season.	18 Express your opinions with humility.	19 Write a short thank-you note.	20 Move your body.	21 Choose love over hate.
22 Keep up with a family tradition—or create a new one.	23 Delight in the comfort of pets.	24 Spend time in or near water.	25 Ask someone to share their story.	26 Watch a film about people different from you.	27 Spend time with friends.	28 Be with someone when they're struggling.
29 Hold your boundaries to care for yourself.	30 Talk through a conflict.	31 Set a goal or intention for 2025.			 Greater Good Science Center ggs.c.berkeley.edu greatergood.berkeley.edu	



turn off your phone notifications for a day



participate in mutual aid

curate a playlist for a loved one

set a "quiet hour" for yourself every week



FaceTime a long-distance bestie



CSPC Materials Requests & Checkout

END-OF-SEMESTER REMINDERS

1. If you are requesting materials from the CSPC, you MUST complete the materials request form. We will NOT respond to email requests if a form has not been completed first. This ensures that we can coordinate and monitor our inventory to avoid lost materials and “double-booked” kits.
2. All protocols for non-clinical purposes must be returned to the clinic, used or unused.
3. When picking up or returning materials, you must contact Sam Kesselring and/or Kellan Willet via TEAMS so we can assure that a clinic team member will be available at the front desk.
4. DO NOT LEAVE ANY PROTOCOLS, TEST KITS, OR ANY OTHER MATERIALS AT THE FRONT DESK IF NO ONE IS PRESENT. Kits must be returned to a clinic team member. This is a major breach of confidentiality and test security.
5. All materials must be returned by Wednesday, December 18th. NO EXCEPTIONS. You will be subject to a late fee if your borrowed kit is not returned by December 18th. We will not be checking out equipment over the winter break. If there is a special circumstance for course assignments only, please reach out to Sam ASAP to coordinate a plan.



Upcoming Office Hours

December 5-11, 2024

Thurs. December 5: 10-11am

Fri. December 6: 11am-12pm

Monday, December 9: 1-2pm

Tuesday, December 10: 10-11am

Wednesday, December 11: 12-1pm

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

Need to reserve a room?

<https://tinyurl.com/TEACRoomRes>

*Note: requests must be submitted no later than 48hrs before your reservation request
Questions? Ask Zee!



Jules is out of the office recovering from surgery

If you require immediate assistance, please contact Zee.

See y'all in January!



don't be crabby just get crafty

