

# Weekly Wednesday

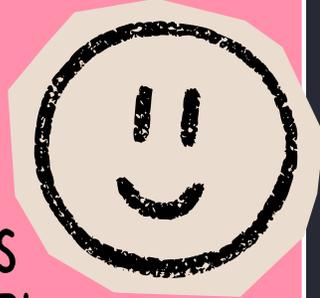
Department of Educational Psychology

## What's Inside:

- 1) Top Stories
- 2) News
- 3) January Happiness
- 4) The Week Ahead



# WELCOME BACK!



I HOPE YOU HAD A WONDERFUL BREAK! KEEP READING FOR A FEW UPDATES AND REMINDERS AS WE PREPARE TO BEGIN OUR SPRING 2026 SEMESTER!

**DON'T FORGET! CLASSES BEGIN ON MONDAY, JANUARY 12.**

## REGISTRATION CHECK!!!

*Are you fully registered for Spring 2026?*

Classes begin Monday! Be sure you are enrolled for your full course load before the end of the week to avoid any late registration fees.

As a reminder, full-time registration is 9cr. for Graduate Students.

If your course requires a permission code\* to register, please utilize the **Course Access Request System (CARS)** on our website prior to reaching out to the front office!

<https://cehs.unl.edu/edpsych/current-student-support/course-access-request-system-cars/>

\*Not all courses require permission codes. Please check MyRed prior to requesting a code through CARS. If you have any questions, please email Zee for assistance.



## Microsoft Migration !!!

UNL Completed its yearlong Microsoft migration over the break. **WHAT DOES THIS MEAN?** You will have to login to UNL computers differently, and you will need to re-share all OneDrive links to access shared documents.

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).

To login to UNL computers:  
Username: NUID@nebraska.edu  
password: your password

*If you are teaching in Spring 2026, I highly recommend trying to log in prior to the start of the semester! You are welcome to practice logging into UNL computers in TEAC 113.*



# GRADUATING IN MAY?

DON'T FORGET! In order to graduate, you must fill out an application to graduate prior to the deadlines established by OGS.



TO APPLY FOR GRADUATION, FILL OUT THE APPLICATION FOR GRADUATION IN MYRED.

MASTERS STUDENTS: the application becomes available in MyRed the semester following approval of your Memorandum of Courses.

PHD STUDENTS: As a doctoral student, you will also be required to complete the Hooding Participation information included in the application process.

THE DEADLINE TO APPLY FOR MAY GRADUATION IS  
**JANUARY 23, 2026**

OGS STEPS TO DEGREE COMPLETION:

<https://graduate.unl.edu/academics/program-steps/>



## THE WINNER OF OUR EDPS GINGERBREAD CONTEST IS...

# QQPM

They've done it again, folks! QQPM took home the crown once again. Thank you to everyone who participated in the extravaganza!



**CONGRATS! JULES WILL BE IN TOUCH ABOUT YOUR PIZZA PARTY!**

Weekly WINS-day

# BIG NEWS!!!

## JULES GOT MARRIED OVER THE HOLIDAY BREAK!

That's right! Your favorite office clown got **MARRIED!** Jules and their partner surprised the family by eloping **\*DURING FAMILY CHRISTMAS\***. It was the surprise of a lifetime! **Not a dry eye in the house.**

You'll see their last name change here soon, but their email address will remain the same!



# JANUARY HAPPINESS CALENDAR

This month, focus on what matters to you

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Greater Good Science Center</b> ggsc.berkeley.edu greatergood.berkeley.edu</p>			<p><b>1</b> Make a <b>resolution</b> that feels inspiring.</p>	<p><b>2</b> Pause to <b>connect with a stranger</b>.</p>	<p><b>3</b> Admit <b>when you're not sure</b> of something.</p>	
<p><b>4</b> Appreciate the <b>hardships you've avoided</b>.</p>	<p><b>5</b> <b>Forgive yourself</b>.</p>	<p><b>6</b> <b>Get out into nature</b>.</p>	<p><b>7</b> <b>Are you prone to awe?</b> Take our quiz to find out.</p>	<p><b>8</b> <b>Spend time with your loved ones</b>.</p>	<p><b>9</b> Try to <b>let go of a grudge</b>.</p>	<p><b>10</b> <b>Be playful</b>.</p>
<p><b>11</b> Talk to yourself the way a <b>loving friend</b> would.</p>	<p><b>12</b> <b>Acknowledge your mistakes</b>.</p>	<p><b>13</b> Read our <b>best articles of 2025</b>.</p>	<p><b>14</b> Look for <b>one small thing to appreciate</b>.</p>	<p><b>15</b> Notice how <b>emotions show up</b> in your body.</p>	<p><b>16</b> <b>Break a big goal down</b> into smaller steps.</p>	<p><b>17</b> Be an <b>active, engaged listener</b>.</p>
<p><b>18</b> Take our <b>Science of Happiness course</b>.</p>	<p><b>19</b> <b>Stand up</b> for what's right.</p>	<p><b>20</b> <b>Lend a hand</b>.</p>	<p><b>21</b> Cultivate <b>small moments of love and care</b> with others.</p>	<p><b>22</b> Listen to our <b>top podcast episodes of 2025</b>.</p>	<p><b>23</b> <b>Remember your ancestors</b>.</p>	<p><b>24</b> Reflect on <b>what matters to you</b>.</p>
<p><b>25</b> <b>Say thank you</b>.</p>	<p><b>26</b> Think about the <b>impact you want to have on others</b>.</p>	<p><b>27</b> Tune in to your <b>sense of touch</b>.</p>	<p><b>28</b> <b>Read a good book</b>.</p>	<p><b>29</b> <b>Follow your conscience</b>.</p>	<p><b>30</b> <b>Practice critical thinking</b>.</p>	<p><b>31</b> Plant a seed for a <b>better future</b>.</p>

MAKE ART



PRACTICE GRATITUDE



READ A BOOK



PARTICIPATE IN MUTUAL AID



CHASE YOUR DREAMS

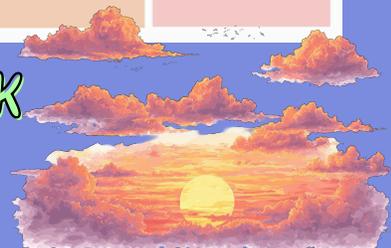
WRITE A THANK YOU NOTE



STAND UP AND SPEAK OUT



LET YOURSELF EXPERIENCE AWE



The Week Ahead



# Upcoming Office Hours

January 8-14, 2026

Thurs. Jan. 8: No Office Hours

Fri. Jan. 9: No Office Hours

Mon. Jan. 12: 1-2pm

Tues. Jan. 13: 1-2pm

Wed. Jan. 14: 10-11am

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



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APPOINTMENTS AVAILABLE IN-PERSON AND VIA ZOOM

\*Note: Jules is unable to meet on Wednesdays

EMAIL JULES  
JMEYERS19@UNL.EDU

## Want to reserve a room?

<https://unlscheduling.nebraska.edu>

\*Note: please submit your request no later than 24hrs before your reservation!

Questions?  
Ask Zee!



## need to request materials from CSPC?



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

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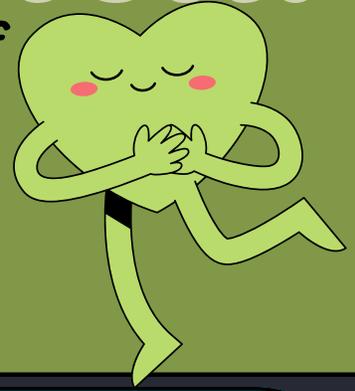
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- 2) EDPS News
- 3) Around Campus
- 4) The Week Ahead



# WELCOME BACK!

I hope your break was fantastic! The start of the semester is underway and classes are in session. I wish you the best of luck this semester as you continue to work towards your goals and dreams! YOU CAN DO IT!!!



## Already needing another break?

MONDAY IS MLK DAY, AND UNL WILL BE CLOSED. CLASSES WILL NOT MEET AND OFFICES WILL NOT BE OPEN. ENJOY YOUR LONG WEEKEND!



## GRADUATING IN MAY?

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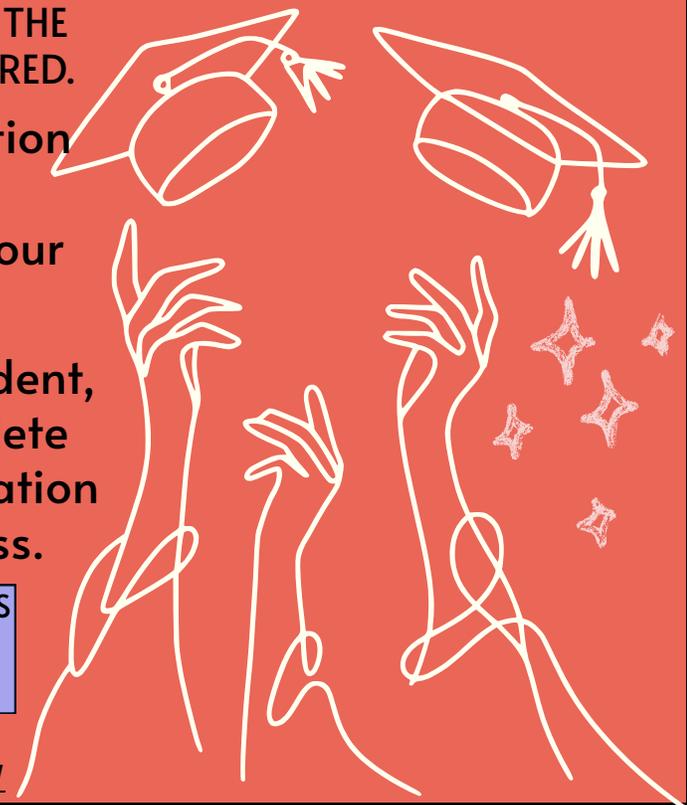
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Top Stories

# Need to reserve a room?

Please email Zee with your request!

When emailing Zee to request a room, please include the following information



- Date of reservation
- Start time & end time for meeting
- Number of participants
- Technical needs
- Event Title



**Note: Room reservation requests may take 1-2 business days to process. If you have any questions, please email or see Zee!**

## Check your TEAMS access!

Post-migration, you may have lost access to some of your TEAMS channels. If you think this is happening to you, please talk to your program director to be added back on to your program's TEAMS page!

Click the button below to ensure you are on the EDPS Faculty, Staff, and Students TEAMS channel!



**CLICK HERE**



A few folks have asked about when EDPS assistantships will be posted. All funding announcements will be shared via Weekly Wednesday and posted to our website [HERE](#). Our goal is to have all open positions advertised by the end of February! Keep checking in on the webpage above for more information about available assistantships within EDPS.

# Funding Opportunities:

## WOMEN INVESTING IN NEBRASKA (WIN)

This opportunity seeks to fund projects that meet at least one of these criteria:

1. Does this respond to an urgent and critical need?
2. Is this a bold new venture?
3. Does this offer a new approach to an ongoing problem?



Full proposals may be submitted by invitation only. To submit your letter of inquiry, visit:

<https://womeninvestinginnebraska.org/grants/letter-of-inquiry/>

## DR. CHRISTINE BLASEY FORD GRANT

Sponsored by [APA Division 56: Division of Trauma Psychology](#).

This opportunity will support graduate students and early-career researchers conducting innovative work, focusing on the understanding, prevention, and/or treatment of the consequences of exposure to traumatic events, such as sexual assault, sexual harassment, and/or rape.



<https://ampsychnfdn.org/funding/blasey-ford/>

## OGS MILESTONES INFORMATION SESSION

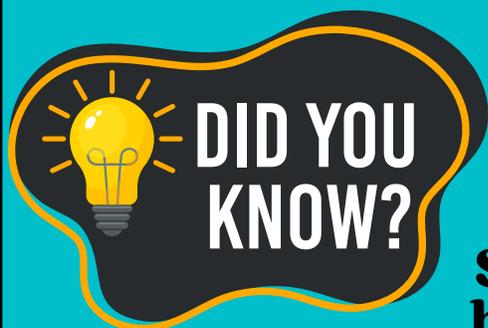
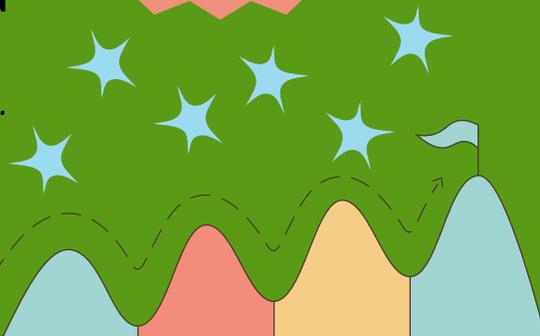
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JANUARY 29TH  
12-1PM

REGISTER HERE!



The Office of Graduate Studies has published their spring workshop schedule! These workshops are free to attend and cover a number of topics relating to what it means to be a Graduate Student at UNL.

See the full list of events here:  
<https://go.unl.edu/ogsworkshops1261>

The Week Ahead



# Upcoming Office Hours

January 15-21, 2026

Thurs. Jan. 15: 9-10am

Fri. Jan. 16: 1-2pm

Mon. Jan. 19: 1-2pm

Tues. Jan. 20: 9-10am

Wed. Jan. 21: 12-1pm

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



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JANUARY 29TH  
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REGISTER HERE!



# Doctoral Students!

THE NEBRASKA PSYCHOLOGICAL ASSOCIATION (NPA) IS EXCITED TO OFFER A SELECT NUMBER OF COMPLIMENTARY STUDENT MEMBERSHIPS FOR THE 2026 CALENDAR YEAR!



## Eligibility:

These memberships are open to doctoral students in Counseling Psychology and Educational Psychology who are currently pursuing (or plan to pursue) licensure as a psychologist.

## Membership benefits include:

- Professional Networking: Access to the NPA listserv and peer consultation on ethics issues.
- Continuing Education: Reduced fees and guaranteed registration at webinars and seminars.
- Legislative Updates: Access to the Members Portal for updates on DHHS changes and federal advocacy efforts.
- CV Building: The ability to highlight your membership and join committees focused on issues you are passionate about.

Winners will be selected through a lottery system using a random number generator. If you would like to have your name included in the drawing, please notify Chris Waller at [cwaller5@huskers.unl.edu](mailto:cwaller5@huskers.unl.edu) by 4:00 PM on Friday, January 23rd.

## Weekly WINS-day

Or should we say...  
Weekly RIN's-DAY!



Rin is a Counseling Psychology PhD student with a specialization in women's and gender studies, as well as a certification in Mixed Methods Research. They're doing some incredible work! Check out their STUDENT SPOTLIGHT from the WGS Department! You can read the article at:

<https://wgs.unl.edu/news/student-spotlight-rin-nguyen/>

WOOOOO HOOO!!! WAY TO GO, RIN!!!



# Zoe-Long, Farewell... A CELEBRATION!

Join us in celebrating Zoe McManaman for her dedication and service to the Buross Center for Testing!



**WEDNESDAY, FEBRUARY 4**  
**2:30-4:00 P.M.**  
**TEAC 202, COLLABORATORIUM**

Light refreshments will be served. Stop by and say hi and wish Zoe well!!!

**Around Campus**

## Presenters and Judges needed for upcoming Student Research Days!

The 2026 Student Research Days will be held April 6-10, with graduate and undergraduate student poster sessions April 7 and 8. Event organizers will also host a workshop highlighting how to prepare and present across a variety of disciplines on February 26.

UNL faculty, postdocs, graduate students, and staff who hold a master's degree or higher are eligible to evaluate four to six student presentations. A rubric and score sheet for judging presentations will be provided. Judges will be provided with a schedule and instructions in advance for the event. Please note that faculty and postdocs may judge undergraduate posters. Graduate students may only judge undergraduate posters.

**Register to volunteer [HERE!](#)**



Please e-mail Lisa Rohde at [lrohde2@unl.edu](mailto:lrohde2@unl.edu), or Kali Patterson at [kpatterson2@unl.edu](mailto:kpatterson2@unl.edu) with any questions.



## POPCORN POP-UP

THE CASUAL SOCIAL HOUR KICKS OFF ITS SPRING SERIES FROM 3 TO 4 P.M. JAN 22, 2026 IN THE NEBRASKA UNION'S THE CRIB. FREE POPCORN, FREE DRINKS, AND AN ACTIVITY. EVERY STUDENT, STAFF, AND FACULTY IS WELCOME!

**MORE DETAILS AT: [HTTPS://GO.UNL.EDU/POP-UP](https://go.unl.edu/pop-up)**

The Week Ahead



# Upcoming Office Hours

January 22-28, 2026

Thurs. Jan. 22: 11:30am-12:30pm

Fri. Jan. 23: 8-9am (Zoom)

Mon. Jan. 26: 1-2pm

Tues. Jan. 27: 10-11am

Wed. Jan. 28: 10-11am (Zoom)

Susan Swearer, Ph.D., LP  
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\*Note: Jules is unable to meet on Wednesday mornings.

**EMAIL JULES**  
✉️  
[JMEYERS19@UNL.EDU](mailto:jmeyers19@unl.edu)

Want to reserve a room?

## Email Zee!

Please include the following information with your request:

- Date of event
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- Number of participants
- Technical needs
- Event title

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*January 28, 2026*

*Volume 177*

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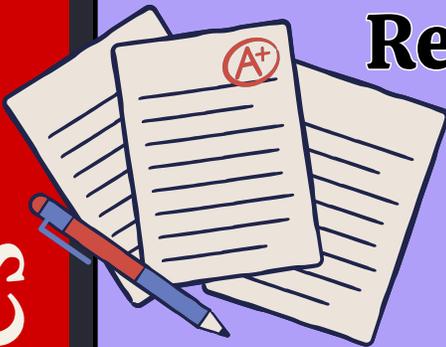
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Stop by, say hi, and wish  
Zoe well!



## MA COMPS: March 6th Registration opens next week!



If you plan to register for the March Masters COMPS, please meet with your advisor to discuss which subtests you will be required to take. More information can be found on our [website](#). Be on the lookout for full instructions in next week's newsletter!

## Are you from Rural Nebraska?

Through the generosity of the Swanson Foundation, the Counseling and School Psychology Clinic is able to offer in-person and telehealth services **COMPLETELY FREE OF CHARGE** to rural Nebraskans who live outside of Lincoln and Omaha. We are working on expanding our outreach and would love to collaborate with students from rural Nebraska to connect with schools, doctor's offices, and community agencies in order to get the word out about our services.

Please contact Janet (clinic director) at [jschwartz-micheaux2@unl.edu](mailto:jschwartz-micheaux2@unl.edu) to help!



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# NOMINATIONS OPEN!

## Courage, Character, and Commitment Award

THE GENDER AND SEXUALITY CENTER IS SEEKING NOMINATIONS FOR THEIR COURAGE, CHARACTER, AND COMMITMENT AWARD. NOMINATIONS ARE SOUGHT OF INDIVIDUALS IN AS MANY DIFFERENT FIELDS AND ROLES AS POSSIBLE. ALL MEMBERS OF THE UNL COMMUNITY ARE ENCOURAGED TO NOMINATE INDIVIDUALS WHO HAVE MADE POSITIVE IMPACTS IN YOUR LIFE THROUGH PROFESSIONAL, PERSONAL, MENTORSHIP, OR PEER RELATIONSHIPS.



Nominations due by 5pm February 1st!

<https://gsc.unl.edu/women-courage-character-and-commitment-nomination-form/>

# EDPS CRAFTERNOON

Get ready! Another crafternoon is right around the corner!

Please join us for a special love-filled "Pal-entine's Day" edition of the EDPS Crafternoon! We will have supplies to make your own Valentines, as well as canvases and magazines for collages. Additionally, we will be celebrating Jules' elopement with some tasty treats! Grab a pal and come hang out with us!

THURS. FEB. 12TH 1-4pm TEAC 204



The Week Ahead



# Upcoming Office Hours

Jan. 29–Feb. 4, 2026

Thurs. Jan. 29: 2-3pm

Fri. Jan. 30: 11-12am

Mon. Feb. 2: 3-4pm

Tues. Feb 3: 10-11am

Wed. Feb. 4: 1:30-2:30pm

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