

*March 5, 2025*

*VOLUME 146*

# Weekly Wednesday

Department of Educational Psychology

## What's Inside:

- 1) Top Stories
- 2) Funding Opportunities
- 3) Get Involved!
- 4) March Happiness
- 5) The Week Ahead



# Course Registration is OPEN for Summer 2025!



Graduate students, you are now able to register for courses for SUMMER 2025! Here are some things you need to know:

1. If you had an assistantship for the full academic year, it is likely you have summer tuition remission. If you would like to know how many credit hours you're able to take over the summer, please email Jules a copy of your contract and they will help you!
2. You are allowed a maximum of 3 credit hours during the three-week term. You cannot enroll for more than 3 credit hours worth of classes during the three-week session.
3. Some courses require a permission code. If a course requires a permission code, please first check CARS to see if you can request a permission code. If the course is not listed in CARS, please reach out to the instructor via email and cc Zee.



To access CARS, visit <https://go.unl.edu/edpscars> or click the car icon!



vroom vroom  
on my way to register for summer classes



## OGS STUDENT RESEARCH DAYS

The Office of Graduate Studies is hosting **STUDENT RESEARCH DAYS** poster sessions in the Union on Wednesday, April 16th from 3-5pm. This is a great opportunity for students who are unable to attend or travel to larger conferences who want to practice their research presentation skills! There is also a poster competition with travel grant award money up for grabs! New collaborators at the NEAR center this semester would love to provide assistance with these types of research projects!

### STUDENTS MUST REGISTER BY MARCH 14TH!!



this could be you!



To learn more and to register, [CLICK HERE!](#)

**Virtual Educational Psychology Colloquium!**

### Understanding Social Outcomes of Autistic Children Included in Public Schools: How to Support Peer Engagement

### MARCH 27TH | 2-3pm

In this colloquium, Jill Locke will discuss meaningful social outcomes for autistic youth in schools. Attendees will learn how to identify engagement states of autistic youth on the playground and understand the core foundational strategies in Remaking Recess, an evidence-based social engagement intervention for autistic youth.



**This event is free, virtual and open to public, but registration is required.**

With Jill Locke, Ph.D.

TO REGISTER, VISIT: [go.unl.edu/tzo6](https://go.unl.edu/tzo6) | Questions? Email Dr. Sungeun Kang.

# From the desk of Dr. Swearer

Dear EDPS Graduate Students,

You have likely read the Chancellor's March 4th email that outlines the next round of budget cuts that UNL is facing. We are in challenging budgetary times and while I wish I could be clear about our 2025-2026 budget; the reality is that we don't know what our final budget will be. In the meantime, as we have assistantships available, we will post them. When we hear of assistantship opportunities across campus and other funding opportunities, we will post them. The best places to check for employment opportunities are the "Weekly Wednesday" newsletter, our graduate assistantships link on the EDPS website: <https://cehs.unl.edu/edpsych/current-student-support/graduate-assistantships/>, and UNL Handshake: <https://careers.unl.edu/welcome-handshake-unl/>.

**POSITION AVAILABLE: Nebraska Athletics - Community Relations Student Assistant**

**APPLY HERE!!**



**Huskers**

## **BUROS GRA Positions Available!**

- Buros Test Reviews and Information GRA
- Buros Testing and Measurement Research GRA
- Buros Psychometric Consulting GRA

**More information, including the full job postings and how to apply, can be found on our WEBSITE.**



**Educational Talent Search (ETS) is looking to bring in a new Graduate Assistant for the next academic year. They are eager at the prospect of working with a student from EDPS!**

ETS engages, empowers and supports potential first generation college and under-served scholars who have the desire and potential to pursue education beyond high school. We provide access to academic, social, and financial resources.



The position information is available at the bottom of our [assistantships webpage](#), or you can find the link to the PDF [HERE](#).

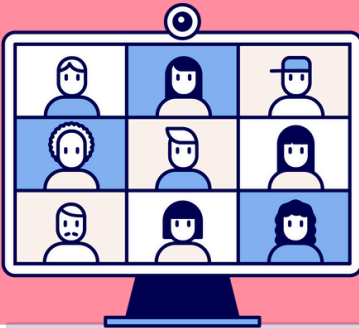
# Chelsea Walker is seeking more facilitators for EDPS 320: Happiness and Well-being through Positive Psychology this spring!



- As a group facilitator, you will:
- Lead small group discussions on topics like kindness, self-compassion, and mindfulness
  - Facilitate 8 sessions on Fridays (March 14 – May 9) at 10:30 - 11:20 AM and/or 11:30 - 12:20 PM
  - Receive a facilitation manual and pre-facilitation meeting

**Gain leadership experience, deepen your knowledge, and make a difference! ALL students are welcome to apply, regardless of your program. Reach out to Chelsea Walker ([cwalker36@unl.edu](mailto:cwalker36@unl.edu)) if you are interested!**

## Student Outreach & Support (SOS)



Our SOS group will meet every other Monday at 9:30am via Zoom. If you would like to join a Zoom meeting, please email [DEMAC@unl.edu](mailto:DEMAC@unl.edu) prior to the meeting to discuss what you'd like to talk about!

**NEXT MEETING:** **March 10th @ 9:30am**  
<https://unl.zoom.us/j/91804758989>

## FREE WEBINAR!

### DBT Skills Every Therapist Needs for Better Client Outcomes

This program is intended for mental health professionals such as Social Workers, Mental Health Counselors, Addiction Counselors, MFTs, & Psychologists.

**CLICK HERE TO REGISTER!**

### OBJECTIVES

- Clarify the basic history of DBT's development and supportive scholarship
- Detail 4 DBT techniques to reduce crisis behaviors and improve emotion regulation
- Examine how DBT skills can be adapted to general practice

**Get Involved!**

**SAVE THE DATE**

## Nebraska Victim Assistance Academy

This five-day, 40-hour certificate program provides statewide, standardized academic training for victim service providers and allied professionals.

**July 14 – July 18, 2025**

**Tuition: \$500** Hosted at the University of Nebraska at Omaha  
 Barbara Weitz Community Engagement Center

(Includes breakfast, lunch, snacks, and drinks.)

**Scholarships to cover tuition are available!**



Learn more by clicking below!

to all who celebrate,  
**Ramadan Mubarak!**

Ramadan is the Muslim month of fasting. Practicing Muslim students, staff, and faculty will be fasting from dawn until dusk during the month of Ramadan.

This includes abstaining from both food and water. Ramadan celebration often involves prayers late in the night. It is not unusual to be up past midnight for prayers and to get up around 5am to eat before dawn & pray. Ramadan 2025 takes place from February 28-March 29. Our Muslim neighbors and colleagues may be tired, hungry, or dehydrated during this time, especially during the late in the afternoon. Please be gracious and respectful of your community during this time.



# MARCH HAPPINESS CALENDAR







this month, guard against stress & overwhelm



take five deep breaths

spend time with friends

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu						1 Take a breath if your mind is playing out worst-case scenarios.
2 Be kind to someone in your community.	3 Enjoy a simple pleasure.	4 Check on a coworker.	5 Spend time in a space where you feel calm.	6 Put your phone away when you're around other people.	7 Reflect on your cultural identity.	8 Observe the beauty of nature.
9 Recognize what you can't control.	10 Meditate on your connection to other people and the world.	11 Write a kind letter to yourself.	12 Strive to be a good person.	13 Notice when you're feeling overloaded or overwhelmed.	14 Express appreciation for a loved one.	15 Journal about what's bothering you.
16 Have conversations about grief and loss.	17 Take time away from the news.	18 Give someone a genuine compliment.	19 Put your strengths to use.	20 Listen with an open heart.	21 Identify what emotions feel like in your body.	22 Get support from a trusted friend.
23 Remember a time you felt awe and wonder.	24 Question your assumptions about other groups.	25 Do a little exercise or movement.	26 Ask someone a deeper question.	27 Wish for other people's happiness.	28 How stressed and anxious are you? Take our quiz to find out.	29 Strive to be fair.
30 Take up a new hobby.	31 Make the world a little better around you.					



learn a new craft

be extra silly





# Upcoming Office Hours

March 6-12, 2025

**Thurs. March 6: 2-3pm**

**Fri. March 7: 1-2pm (via Zoom)**

**Mon. March 10: 1-2pm**

**Tues. March 11: 10-11am**

**Wed. March 5: 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!



## Want to meet w/ Jules?

Send them an email to set up an appointment!

\*Note: Jules is unable to meet on Wednesdays



## need to request materials from CSPC?



**March 12, 2025**

**VOLUME 147**

# Weekly Wednesday

Department of Educational Psychology

## What's Inside:

- 1) Top Stories
- 2) Events & Opportunities
- 3) Student Support & Outreach
- 4) The Week Ahead



# Exciting News!

LET'S CELEBRATE!



Dr. Stephanie Burrows will be joining the CoPsych faculty this fall!

Welcome, Stephanie! We are so excited to work with you!

## TAKE A BREAK

Next week is **SPRING BREAK!**

Whether you're planning a trip, working on your dissertation, or just staying home and hanging out, I hope you enjoy the break from classes and find ample time for fun, play, joy, and rest!



PS: there won't be a Weekly Wednesday next week. See y'all in a couple of weeks!



## Summer 2025



## Registration is open!

Here are some things to know and keep in mind:

If you had an assistantship for the full academic year, it is likely you have summer tuition remission. If you would like to know how many credit hours you're able to take over the summer, please email Jules a copy of your contract and they will help you!

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Some courses require a permission code. If a course requires a permission code, please first check CARS to see if you can request a permission code. If the course is not listed in CARS, please reach out to the instructor via email and cc Zee.

## Heads up!

Be sure to meet with your advisor to plan which courses you need to take!

Fall 2025 registration will begin on Monday, March 24th!





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**CLICK HERE TO REGISTER!**

**THURS. MARCH 13TH**

## Family Literacy Night: Free Dinner & a Book!

**March 18th @ Mourning Hope Grief Center**

### What to expect:

- Learn reading strategies & promote connection and growth
- Enjoy a **FREE DINNER!**
- Free child minding provided
- Take home a book to continue the learning at home!



**RSVP**

RSVP by clicking [HERE](#) or tapping the cloud above



# 100% MATCH RATE!

**CONGRATULATIONS** to all of our CoPsych and School Psych students who were matched for their internship placements. We are excited to announce that we had a 100% Match Rate this year!!!

## From the desk of Dr. Swearer

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You have likely read the Chancellor's March 4th email that outlines the next round of budget cuts that UNL is facing. We are in challenging budgetary times and while I wish I could be clear about our 2025-2026 budget; the reality is that we don't know what our final budget will be. In the meantime, as we have assistantships available, we will post them. When we hear of assistantship opportunities across campus and other funding opportunities, we will post them. The best places to check for employment opportunities are the "Weekly Wednesday" newsletter, our graduate assistantships link on the EDPS website: <https://cehs.unl.edu/edpsych/current-student-support/graduate-assistantships/>, and UNL Handshake: <https://careers.unl.edu/welcome-handshake-unl/>.

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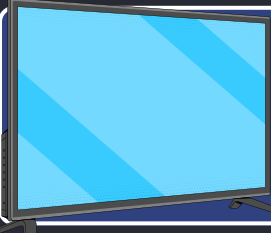
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**FREE TV** Wayne has a 43" LG TV (with a remote) that he's giving away **FOR FREE!**  
**Email Wayne** if you are interested!



# Upcoming Office Hours

March 13-19, 2025

Thurs. March 13: 3-4pm

Fri. March 14: 1-2pm

Monday, March 17- Wednesday, March 19:  
No office hours - Happy Spring Break!



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

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**March 26, 2025**

**Volume 148**

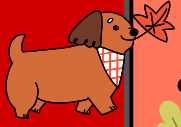
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# FALL REGISTRATION



## NOW OPEN!

**GRADUATE STUDENTS,**

**PRIORITY ENROLLMENT FOR FALL 2025 HAS BEGUN!**

**PLEASE REGISTER FOR FALL CLASSES ASAP.**

**IF YOU ARE UNSURE OF WHICH COURSES YOU NEED TO TAKE, PLEASE SET UP AN APPOINTMENT WITH YOUR ADVISOR.**

Some classes may require a permission code in order to register for the course. This permission can only be granted by the instructor. Please utilize our Course Access Request System (CARS) to request a permission code. You can find CARS under the "Current Student Support" tab on our website. If you do not see your course or instructor listed in CARS, please email the instructor directly with your request to enroll and cc Zee Cronin ([mcronin6@unl.edu](mailto:mcronin6@unl.edu)). Should the instructor approve, Zee will generate a permission number for you.



**Virtual  
Educational  
Psychology  
Colloquium!**

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**Questions? Email Dr. Sungeun Kang.**

## Super Swap News

Due to time constraints within the Spring semester, we will NOT host the next Super Swap during the Academic Year. Stay tuned for information about a JUNE SUPER SWAP--a TWO DAY EVENT! Stay tuned for more information...and start clearing out your closets!



# \$25,000 Fellowship Opportunity!

## Buffett Institute Graduate Scholars

The Buffett Early Childhood Institute at the University of Nebraska is currently accepting applications from advanced doctoral students within the university system for one-year fellowships worth up to \$25,000.

Completed applications are due by Friday, April 25th. For more information, visit: <https://go.unl.edu/buffettgraduatescholars>



SCHOOL  
PSYCH

# CHILI COOKOFF



Thank you to all our School Psych students who came out to our 2nd annual Chili Cookoff! Congratulations to our winners!

1st Place: Mya | 2nd Place: Amanda | 3rd Place: Jared

Amanda Barrett, a third-year doctoral student in the school psychology program, currently serves as the first graduate student slate on APA's membership board. The board is responsible for developing strategies to recruit, retain, and engage APA members, assessing membership trends, and advising on policies related to membership benefits and categories. Amanda specifically works to advocate for the rights and voices of graduate student members in APA. Over Spring break, she travelled to Washington DC for the APA Spring Consolidated Meeting, an annual meeting for all board and committee members to work alongside APA leadership and staff. Amanda learned that graduate students are the fastest growing APA membership group! Woo! Her board hopes to continue to partner with state and territorial associations as well as the APA divisions to continue to promote APA membership and retention.

At the consolidated meeting, the current APA president and executive committee spoke with the membership board about a recent initiative to engage students in psychology far earlier: Engaging Psychology's Future.

<https://www.apa.org/about/governance/president/engaging-psychologys-future>

Our graduate students and faculty can partner to present at local high schools and community colleges on the field of psychology and that our work is not just about mental health (something Ed Psych people know well!). We can apply for a \$300 gift card for materials for these events. If you are interested in participating, please reach out to Amanda via email at [abarrett16@huskers.unl.edu](mailto:abarrett16@huskers.unl.edu).



# FREE ZOOM TRAINING ON MOTIVATIONAL INTERVIEWING!

Motivational Interviewing (MI) is an evidence-based technique of effectively communicating with others, to gain rapport and trust, obtain more information, address risk behaviors, and evoke internal motivation to sustain long-term behavior change. MI can also be paired with other modalities to increase effectiveness.

## MOTIVATIONAL INTERVIEWING: A FOCUS ON EVOCATION TECHNIQUES TO ELICIT AND STRENGTHEN CHANGE TALK

Gaining skill proficiency in this technique is a process and like learning a new language requires much practice and feedback. Participants will learn the history and broad application and pairing of MI as an evidence-based practice and gain a better understanding of the use of ten Evoking Change Talk Techniques to strengthen client commitments to change. This training is for participants new to MI or trained previously in MI at all levels.

### COURSE OBJECTIVES:

1. Describe the history and development of MI & how it's learned | 2. Explain how the use of MI approaches differ from traditional approaches in motivating behavioral changes, and how it can be paired with other evidence-based modalities to increase effectiveness | 3. Display the Spirit of MI and the ten Evoking Change Talk techniques to elicit and strengthen client/patient behavior change



FEAT. BRENDA JENNINGS

**APRIL 8TH, 8:30AM-12:00PM CENTRAL**

**CLICK HERE TO REGISTER!**

3.5 CE CREDITS



# Spring WORKSHOP

## PATHWAYS TO SUCCESS

### Building Community: Thriving not just Surviving



Learn from Husker faculty how to find and build a professional community that helps you thrive throughout your career. The event is open to all faculty, postdoctoral fellows, staff and students.

Seating is limited Register today!

**CLICK HERE TO REGISTER!**

**April 10th - 11:30am-1:30pm**

**Red Cloud, Willa Cather Dining Complex**



Health Equity Grand Rounds presents...

## The Economic and Health Impacts of Intimate Partner Violence



with Dr. Leila Wood

Intimate Partner Violence (IPV) impacts health outcomes and economic stability for survivors, and addressing their needs can help prevent re-victimization.

Dr. Wood, Professor at UTHealth, will join us for our April Health Equity Grand Rounds event to present her research on community-based economic and health strategies for those affected by IPV. She will present on how Intimate Partner Violence (IPV) impacts health outcomes and economic stability for survivors, while also addressing how health and economic needs can help to prevent IPV re-victimization. In this presentation, research on community-based economic and health strategies will be shared, along with implementation strategies.

**This event is FREE and open to the public. Registration is required.**

To register, click the button to the right, or visit:

<https://go.unl.edu/herapril2025>

**REGISTER HERE**





# Upcoming Office Hours

March 27-April 2, 2025

Thurs. March 27: 2-3pm

Fri. March 28: 10-11am (via Zoom)

Monday, March 31: 12:30-1:30pm

Tuesday, April 1: 1-2pm

Wednesday, April 2: 12-1pm

Susan Swearer, Ph.D., LP  
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University of Nebraska-Lincoln



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### Questions? Ask Zee!



## Need to meet w/ Jules?

It's Jules' busiest season! If you would like to meet, please send them an email about what you'd like to talk about and they will send you a calendar invite to meet!

Appointments available in-person and via Zoom

\*Note: Jules is unable to meet on Wednesdays



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

