

Weekly Wednesday

Department of Educational Psychology

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CAMPUS PARKING IMPACTS

High School Basketball Championships

Girls State Basketball games will be played March 4-7th

Boys State Basketball games will be played March 11-14th

Vehicles with parking permits must display a Permit Event Sticker for access to permit parking areas during events. The Permit Event Sticker, available at no cost, verifies the vehicle permit in the License Plate Recognition System.

ON CAMPUS PARKING
MAY BE IMPACTED
DUE TO THESE EVENTS

If you have a valid parking permit and do not have a Permit Event Sticker:

- Go to Parking and Transit Services, 625 Stadium Drive.
- Request and receive the sticker, at no cost. Present your NCard for verification.
- Display the Permit Event Sticker on the vehicle inside front windshield, lower driver's side.

If you have questions, call Parking and Transit Services 402-472-1800.



YAY! GET TO KNOW ALEX!

In case you missed it...we hired two student workers! Alex started with us last week, and we'll have another student worker introduction to share with you soon. Alex is a student studying Architecture at UNL. Get to know a little more about him below!

WHAT ARE YOUR FAVORITE ACTIVITIES TO DO AROUND TOWN?

I love walking around and looking at all of the different styles of buildings there are here in Lincoln!



WHAT SONG/ALBUM IS ON REPEAT FOR YOU RIGHT NOW?

I'd have to say I'm listing to Daniel Caesar more than normal right now.



WHERE IS YOUR FAVORITE PLACE YOU'VE EVER TRAVELED?

South Korea!

I have family there!



WHAT'S YOUR GO-TO COMFORT MOVIE?

Fantastic Mr. Fox is forever my favorite comfort movie.

WHAT HAS BEEN THE BEST/YOUR FAVORITE CLASS YOU'VE TAKEN AT UNL SO FAR?

Studio, by far. It's around 3 hours a day, so you really get to know the people around you very well!



Top Stories

Student Research Days are back!

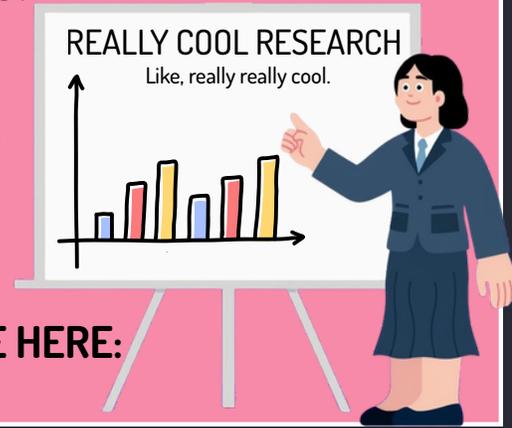
This event features campus-wide sessions for graduate students to present their research or creative work. Students in all fields are welcome to present! Most students use research posters, but there are also TVs and other spaces if your work is best presented in another format, such as an art display, or presenting a documentary.

THERE WILL BE PRIZES FOR TOP PRESENTERS!

This is a **fantastic** opportunity for students to share their work with the campus community and practice presenting their work prior to attending conferences in their field. **GRADUATE STUDENTS WILL PRESENT ON APRIL 8TH FROM 3-5PM.** Interested students must **register to present by March 13th** to be considered.

MORE INFORMATION ABOUT THE EVENT AVAILABLE HERE:

<https://research.unl.edu/springresearchdays/>



EDPS GA EVALUATIONS NOW OPEN!

Reviews should be completed no sooner than ½ way through the semester (7 weeks) and no later than the last day of classes each semester. Forms must be submitted to Jules via email no later than the Wednesday of final exam week. Failure to submit your self evaluations on time WILL result in disciplinary action and impact your ability to receive future assistantships within EDPS.

DO NOT WAIT UNTIL THE LAST MINUTE TO COMPLETE THIS EVALUATION.

You can find and download the EDPS GA Evaluation form here:

<https://cehs.unl.edu/edpsych/current-student-support/>



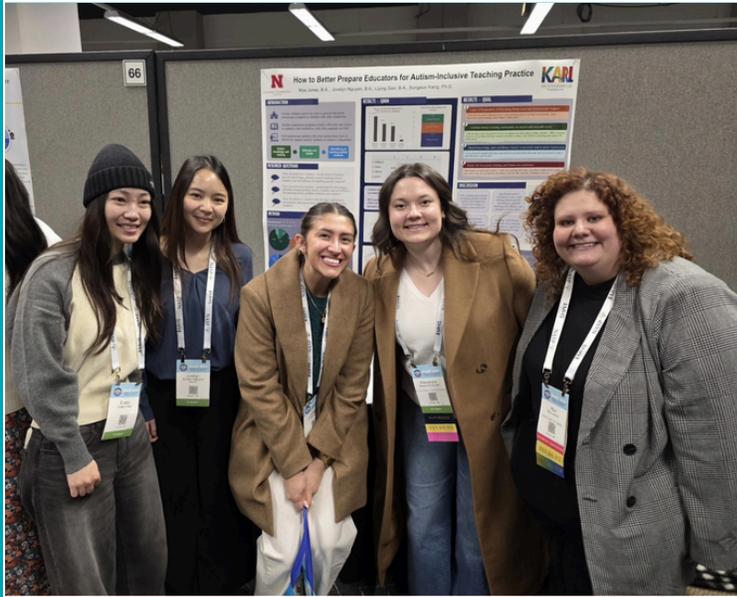
LOVE CHAOS KIN at the Omaha Film Festival

LOVE CHAOS KIN (98 min) is an intimate documentary that follows white-presenting, Navajo-descent twins and their South Asian adoptive parents over 12 years. The film captures their complex reckoning with identity, race, and belonging as the children reconnect with their struggling white birth mother and, eventually, their estranged Navajo birth father.

The film offers a rare, decade-long look at identity formation, systemic injustice, and relational resilience, while providing insights into motherhood through adoption and the modern American family. This makes it a vital case study for those exploring or working within the field of transracial adoption and complex family dynamics. You can find the schedule and tickets through the festival page [HERE](#).

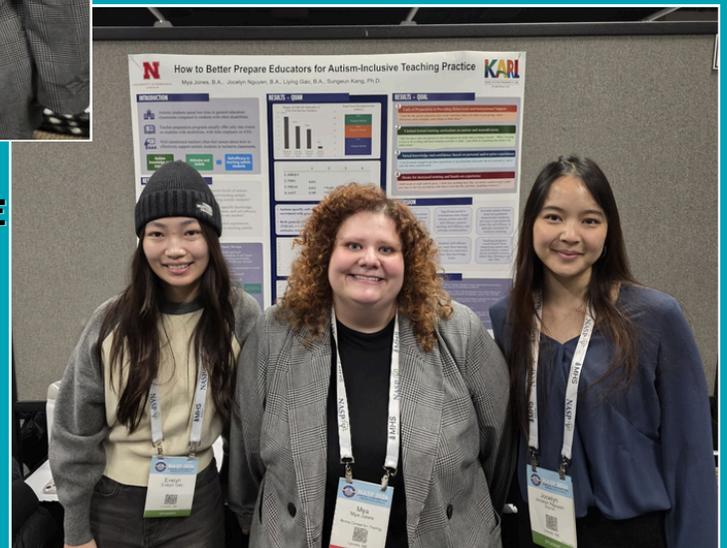


NASP 2026



WELCOME BACK FROM THE NASP 2026 CONFERENCE! I HOPE YOU HAD A GREAT TIME! THANK YOU FOR ALL THE HARD WORK YOU DO, AND THANK YOU FOR REPRESENTING EDPS!

IN CASE YOU MISSED IT IN MONDAY ANNOUNCEMENTS, JULES AND CEHS WOULD LIKE TO FEATURE STUDENT STORIES REGARDING THEIR TIME AND EXPERIENCE AT THE NASP CONFERENCE! PLEASE EMAIL JULES IF YOU ARE INTERESTED IN SHARING YOUR PHOTOS AND STORIES. THEY WILL FEATURE YOU IN THE WEEKLY WEDNESDAY, AND ALSO CONNECT YOU WITH THE PIXEL LAB SO YOU CAN BE FEATURED IN CEHS SOCIAL COMMUNICATIONS!!



COMMUNITY MENDING EVENT

StUff
creative reuse

ALVIN
COFFEE

MARCH 20TH
3-5PM

@ STUFF CREATIVE REUSE

JULES & STUFF CREATIVE REUSE ARE PARTNERING TOGETHER FOR A COMMUNITY MENDING EVENT! BREATHE NEW LIFE INTO CLOTHING THAT IS WORN & TORN, AND JOIN US FOR AN AFTERNOON OF FUN, CREATIVITY, AND COMMUNITY! SOME TOOLS & MATERIALS FOR MENDING WILL BE AVAILABLE.

REMEMBER: IF IT'S WORTH WEARING, IT'S WORTH REPAIRING!

\$5 PER PERSON, SNACKS PROVIDED! IF COST IS A BARRIER TO YOU, PLEASE LET JULES KNOW, AS THEY HAVE SOME TICKETS AVAILABLE FOR THE EVENT.

TICKETS AVAILABLE HERE!

March Happiness Calendar

March 2026 Happiness Calendar

This month, expand your circle of care.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Have the difficult conversation .	2 Give someone your undivided attention .	3 Take the time to recover after stress.	4 Play sports .	5 Try a loving-kindness meditation .	6 Recognize when you're struggling .	7 Practice letting go of control and certainty .
8 Support the women in your life.	9 Do something to reduce suffering in the world.	10 Be curious about other people's perspectives.	11 Reflect on what's central to your identity .	12 Show love in different ways.	13 Notice what you have in common with people who feel different.	14 Are you skilled at bridging differences? Take our quiz to find out.
15 Do a kindness for others .	16 Be kind to yourself .	17 Read a book .	18 Share your emotions with a loved one.	19 Reach out to a friend .	20 Find a common goal .	21 Instead of judging , see what you can learn.
22 Volunteer .	23 Cultivate allies .	24 Use your critical thinking skills .	25 Dance .	26 Get out of your own head and focus on others .	27 Tune in to a loved one.	28 Think about your role as a global citizen .
29 Connect to nature .	30 Show up for someone else.	31 Remember our interconnectedness .			 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	

this month, expand your circle of care



March Happiness

The Week Ahead



Upcoming Office Hours

March 5-11, 2026

Thurs. March 5: 11am-12pm

Fri. March 6: 12pm (via Zoom)

Mon. March 9: 1-2pm

Tues. March 10: 2-3pm

Wed. March 11: 1-2pm

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, please 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

Want to reserve a room?

Email Zee!

Please include the following information with your request:

- Date of event
- Start & end time
- Number of participants
- Technical needs
- Event title

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



need to request materials from CSPC?



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