

November 12, 2025

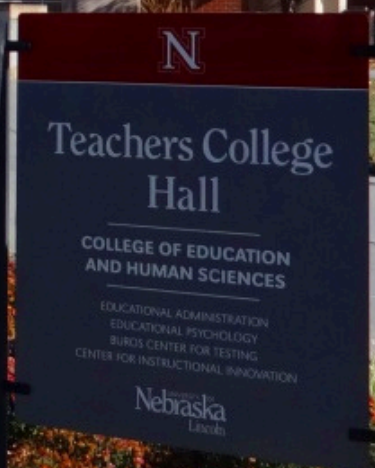
Volume 169

Weekly Wednesday

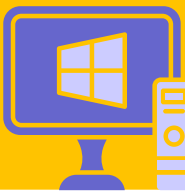
Department of Educational Psychology

What's Inside:

- 1) Top Stories
- 2) Student Outreach & Support
- 3) Happening in Lincoln
- 4) November Happiness
- 5) The Week Ahead



FYI!!!!



EDPS STAFF & FACULTY UNDERWENT THEIR MICROSOFT MIGRATION ON MONDAY. PLEASE BE PATIENT, AS RESPONSE TIMES MAY BE DELAYED DUE TO OUTLOOK CHANGES.

THANKS!

Speaking of migration...Students will be migrating during early January! Stay tuned for more information.

Spring 2026

REGISTER FOR SPRING BY NOV. 19!

If you have yet to register for your full course load for Spring 2026, please do so by NEXT WEDNESDAY, NOVEMBER 19! Zee will be out of the office from November 24-January 5. Due to students' Microsoft Migration in early January, you may experience delays in processing your enrollment if you wait until the last minute. In order to guarantee assistance, please register for your courses by next Wednesday! As a reminder, 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!



*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.

EDPS GA EVALUATIONS

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

FAILURE TO SUBMIT YOUR SELF EVALUATIONS ON TIME WILL RESULT IN DISCIPLINARY ACTION AND IMPACT YOUR ABILITY TO RECEIVE FUTURE ASSISTANTSHIPS WITHIN EDPS.

Find the 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

**SIGN
HERE**



If you need signatures on official paperwork, you must submit them to your signer no later than 48 hours before your form is due.

DO NOT WAIT UNTIL THE LAST MINUTE!!!

Failure to plan ahead does not constitute an emergency for others. Be mindful of deadlines, and route your forms well before their deadline to avoid delays in processing official paperwork.



Top Stories

Get to know your GAB/SOS Board Members!

Introducing... Dania Javaid

Dania is a Fulbright scholar and DLS student in our department, and she represents DLS on the Graduate Advisory Board (GAB), as well as Student Outreach and Support (SOS). She also teaches EDPS 457: Teaching and Motivation Principles for Secondary Teaching



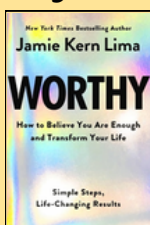
djavaid2@huskers.unl.edu

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

Getting a Mindfulness Facilitation Certificate and conducting 8-week mindfulness intervention with early childhood educators in the U.S. and Pakistan. It was a true joy for me to see real improvements in their emotional regulation and was such a sense of fulfillment to know I made a positive impact on their lives.

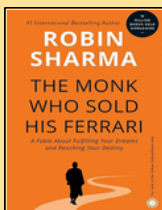


What is your favorite book, or one of the best books you've read recently?



Worthy: How to Believe You Are Enough and Transform Your Life by Jamie Kern Lima

-&-



The Monk Who Sold His Ferrari by Robin Sharma

What are some things you love about EDPS?

I love the sense of community and mentorship here. Everyone from faculty and staff to students, is so supportive and genuinely invested in helping each other grow personally and professionally. I feel like I belong!

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

I can support international students in EDPS before they arrive in the U.S. by sharing what to consider, what to pack, and how to navigate cultural adjustment once they're here.

Where is your favorite place you've ever travelled? (Or lived?)



Neel Fairy Meadows, Kashmir, Pakistan



I loved visiting Sequoia National Park in California!



I can also help students manage stress through the meditation related activities, finding and connecting them with campus resources for personal growth such as time management, mental health, well-being, and career guidance

With around two years of experience as a GTA, I focus on promoting active learning, participation, and a strong sense of community in my classes. I'm happy to support and meet with other GTAs in increasing student engagement in their classes by sharing the small, practical steps and activities.

This is one of our recent interactive activities on exam day that made learning both fun and meaningful for students.

I LOVE MY STUDENTS!!!!



Unable to be home for the upcoming holiday?

Are you unable to be home for Thanksgiving but are still looking to celebrate? There are many spots around Lincoln that are hosting dinners that welcome everyone!

Visit the link below to learn more:

<https://newsroom.unl.edu/announce/gsc/19498/104582>



2025-26 Methodology Applications Series

THE MAP ACADEMY INVITES YOU TO THE FIRST PRESENTATION
OF THE 2025-26 METHODOLOGY APPLICATIONS SERIES

THE POWER OF PLACE: UNDERSTANDING
LOCAL CONTEXTS TO SHAPE RESEARCH

GIS: Case Studies for Winning Grants, Changing Lives, & Empowering Communities

Geographic Information Systems (GIS) are often seen as technical tools for mapping and data visualization. Yet when applied strategically, GIS can transform communities, influence funding priorities and empower decision-makers.

This presentation will show how GIS can uncover disparities, shape compelling narratives for funding agencies and support sustainable solutions. It will outline how GIS is a catalyst for change, providing evidence that transforms proposals into funded initiatives, and data into community empowerment.

Discussed case studies will include workforce analysis, community health assessments and behavioral health program evaluations, showing how GIS not only visualizes problems but also identifies pathways to solutions and action. Attendees will learn how GIS tools can be tailored to highlight local challenges, demonstrate impact and strengthen competitive funding applications.

Nov. 21st | 12-1:30pm
Jackie Gaughan Multicultural Center, Room 202

Free to attend!



FEATURING JUAN-PAULO RAMIREZ
FOUNDER, GIS AND HUMAN
DIMENSIONS, LLC

ARE YOU AS MULTICULTURALLY COMPETENT AS YOU THINK YOU ARE? FIND OUT WITH THIS CIRCLE* TRAINING!

*CULTURAL IMMERSION & REFLECTION
THROUGH CONTACT WITH LIVED EXPERIENCES

THE CIRCLE TRAINING IS AN ONLINE ASYNCHRONOUS TRAINING THAT INCLUDES...

• 4 TRAINING MODULES

- CONTENT INCLUDES REFLECTION QUESTIONS & SHORT VIDEOS ON BEST PRACTICES AND HOW TO APPLY THE INFORMATION TO PROFESSIONAL SETTINGS
- LEARN WHAT THEY DID NOT TEACH YOU IN GRADUATE SCHOOL

• COMPENSATION

- CERTIFICATE OF COMPLETION TO SIGNAL YOUR CARE & ATTUNEMENT TO MULTICULTURALISM
- UP TO 5 SONA CREDITS FOR COMPLETION OF THE PRE-TEST, POST-TEST, AND FOLLOW-UP SURVEYS

• TIME REQUIREMENTS

- PRE-TEST: 15-45 MINUTES
- TRAINING + REFLECTION: 3 HOURS
- POST-TEST: 15-45 MINUTES
- FOLLOW-UP (3 MONTHS LATER): 15-45 MINUTES

TO PARTICIPATE, CLICK THE LINK BELOW!

[HTTPS://TINYURL.COM/CIRCLETRAINING2025](https://tinyurl.com/circletraining2025)

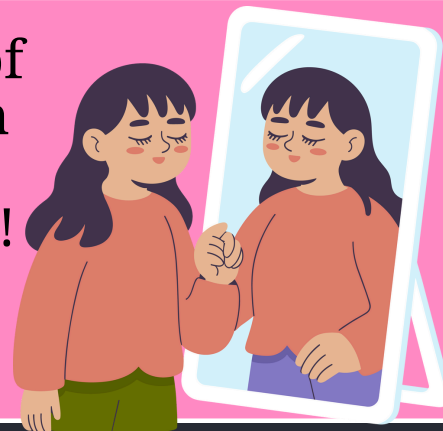


The Nebraska Academy for Early Childhood Research (NAECR) invites students across the University of Nebraska system to join the NAECR student researcher group – a community of emerging scholars who are interested in early childhood research. Members gain access to resources, tools, and events, as well as announcements related to student-focused funding and research opportunities.

If you are interested in joining the NAECR student researcher group, contact project manager Sommer Fousek at sfousek2@unl.edu to learn more.

If you are needing/wanting a couple of ideas for engaging in self-compassion and reducing stress, here is Kristin Neff's website with a few suggestions!

Self-Compassion Practices: Cultivate Inner Peace and Joy - Self-Compassion



NOVEMBER HAPPINESS

This month, look for small things to appreciate

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu						1 Watch an uplifting TV show.
2 Call someone you care about.	3 Volunteer.	4 Take a walk and appreciate your surroundings.	5 Take time to recharge in solitude.	6 Tune in to your body.	7 Reflect on the many small conveniences in your life.	8 Be curious and compassionate toward people.
9 Look out for others, even if you don't like them.	10 Exercise to manage your stress.	11 Say thank you.	12 Encourage boys to express all their emotions.	13 Notice how luck and randomness brought you something good in life.	14 Accept help from others.	15 Stay attuned during a conversation.
16 See the possibility in uncertainty.	17 Remember how much struggle you have overcome.	18 Be a role model.	19 Change course instead of doubling down on a bad decision.	20 Journal about a meaningful moment of connection.	21 Take your time before judging others.	22 Spend some time in silence.
23 Look for positive moments in your day.	24 Give people the gift of your attention.	25 How mindful are you? Take our quiz to find out.	26 Lean on friends in hard times.	27 Engage with ideas you disagree with.	28 Take a few slow, gentle breaths.	29 Create a ritual for a pleasurable moment in your day.
30 Find your courage.						

Jules likes to call small joys "the rainbow sprinkles of life" – on their own, they might not seem like much. But add them all up over time, and you have a full sundae!

 **admire the fall foliage!**

try something new!

"you are worth the time it takes to learn a new skill" - Mercury Stardust



MAKE ART!

write some snail mail!



share a meal with a neighbor

buy yourself a little treat



send a text to a friend you haven't spoken to in a while

listen to your favorite playlist





Upcoming Office Hours

November 13-19, 2025

Thurs. Nov. 13: 3-4pm

Fri. Nov. 14: 1-2pm (via Zoom)

Mon. Nov. 17: 1-2pm

Tues. Nov. 18: 3-4pm

Wed. Nov. 19: 12-1pm

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

Want to reserve a room?

<https://tinyurl.com/TEACRoomRes>

*Note: please submit your request no later than 48hrs before your reservation!

Questions? Ask Zee!

mcronin6@unl.edu



need to request materials from CSPC?



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

