

November 5, 2025

Volume 168

Weekly Wednesday

Department of Educational Psychology

What's Inside:

- 1) Top Stories
- 2) Webinars
- 3) Misc. Updates
- 4) Halloween Winners
- 5) The Week Ahead

DON'T FORGET! SPRING 2026 REGISTRATION IS OPEN!

Please register for your spring courses ASAP! Do not wait until the last minute to register; be proactive in your academic journey and register for classes as soon as possible! 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!

<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.*

The Husker Pantry is OPEN!

Every Husker deserves to eat and feel secure.



Open to all enrolled students, the Husker Pantry offers non-perishable food and hygiene products through a simple online ordering system. Community contributions keep the pantry functioning.

By providing free food and personal items to students enrolled at the University of Nebraska-Lincoln, HP reduce the stigma around food insecurity, increase access and educate the campus community. Whether you need a tube of toothpaste, a can of soup or items in between, they're here to serve you.

You must have a valid NUID to be eligible to use this service. However, you are not required to provide financial information to enroll in pantry services.

Visit pantry.unl.edu to learn more!

Want to donate to the Husker Pantry?

pantry.unl.edu/donate



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.



DUE NO LATER THAN DEC. 17TH

by 4:00pm

HAPPY NATIONAL SCHOOL PSYCHOLOGY WEEK!



Be sure to check out Monday Announcements for information about the NASP LAB COMPETITION!

The Buros Center for Testing Presents:

Assessment of Trauma in Children and Youth

BUROS
CENTER FOR TESTING

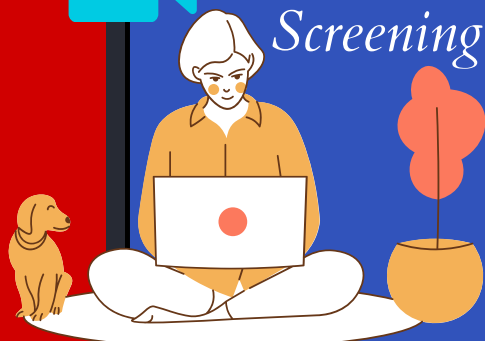
Best Practices in Trauma-Informed Screening and Assessment in Schools

[Click here to register!](#)

Nov. 6th | 11am-12:30pm

In this webinar, Dr. Eklund will:

- recognize and discuss the potential strengths and limitations of trauma-focused screening and assessment practices in schools;
- describe considerations for obtaining consent and making decisions regarding trauma screening and assessment procedures;
- identify and apply practical Tier 1 and 2 strategies at the classroom, school, and district level to support students with a history of adversity or trauma.



FREE

FREE NEA WEBINAR TO HELP SUPPORT STUDENT AND EDUCATOR MENTAL HEALTH: **BRAVE & RESILIENT: SUPPORTING STUDENT & EDUCATOR MENTAL HEALTH WHEN THE GOVERNMENT ATTACKS IMMIGRANT COMMUNITIES**



When educators, parents, students and mental health providers come together, we can support resilience in our students as our communities face the Trump regime's widespread ICE abductions, harassment and intimidation of our communities. While certain decision makers try to divide us, educators, parents and mental health providers are coming together to ensure all our students -whether Native or newcomer -have the resources they need to learn and thrive.

NOVEMBER 20TH  **CLICK HERE**
6PM CENTRAL  **TO REGISTER!!!**

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 RAMÍREZ
FOUNDER, GIS AND HUMAN
DIMENSIONS, LLC

Webinars

A little update...

Unfortunately, we will not be hosting a Super Swap this fall semester. This is for a number of reasons, but quite simply: there's not enough time in this semester to offer this event. Don't worry, though! Jules is hard at work dreaming up how to make next semester's event the best it's ever been!

New to EDPS? Learn about the Super Swap HERE.



HAPPY NATIVE AMERICAN HERITAGE MONTH!

National Native American Heritage Month is celebrated each year in November. It is a time to celebrate the traditions, languages and stories of Native American, Alaska Native, Native Hawaiian, and affiliated Island communities and ensure their rich histories and contributions continue to thrive with each passing generation.

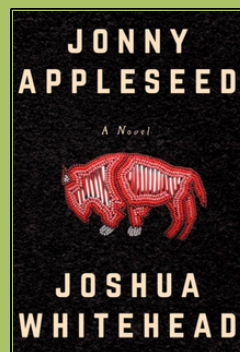
Want to read stories written by indigenous folks? Here are some book recommendations from Jules' personal library:

Bad Cree by
Jessica Johns



Never Whistle at Night: An
Indigenous Dark Fiction Anthology

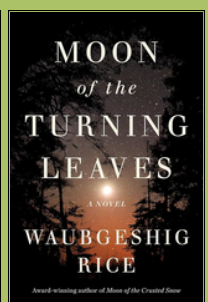
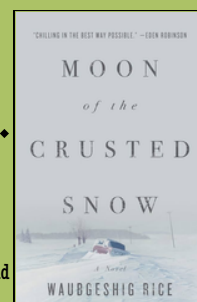
Johnny Appleseed by
Joshua Whitehead



Jules is
currently
reading
this book!



Two of
Jules'
favorites
they've read
this year!



Moon of the Crusted Snow & Moon of
the Turning Leaves by Waubgeshig Rice

Weekly WINS-Day

Jules was commissioned by Stuff Creative to make their largest collage yet! After two weeks of work, Jules finally finished the collage this past weekend.

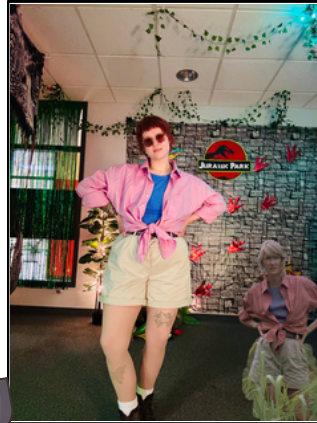
DON'T FORGET: NO JOY IS TOO SMALL TO CELEBRATE! Email your wins to Jules, or submit them via the Microsoft Form: go.unl.edu/weeklywins-day



THANK YOU SO MUCH TO EVERYONE WHO STOPPED BY OUR OFFICE ON HALLOWEEN! WE LOVED SEEING YOU! A HUGE SHOUTOUT TO THOSE WHO CAME DRESSED UP...KEEP READING TO FIND OUT THE WINNERS OF OUR COSTUME CONTEST!!!!



CEHS BUSINESS TEAM



THAT'S DR. ELLIE SATTLER TO YOU!



AT LEAST IT'S NOT SNAKES...

**Z
O
I
N
K
S
!**



CLEVER GIRL



AHHHHHH!!!!



DINO-SNORE



STRAIGHT TO THE POINT!

AND THE WINNERS ARE...

1ST PLACE

1ST



DR. DENA ABBOTT
an absolutely **ICONIC**
Diane Keaton!!!!

RUNNER UP

2ND



DR. ISABELLA STARLING ALVES
the most stylish archeologist
we've ever seen!



A GRAND HONORABLE MENTION TO...

MEL SEDLACEK

SAY IT THREE TIMES!





Upcoming Office Hours

November 6-12, 2025

Thurs. Nov. 6: 2-3pm

Fri. Nov. 7: 3-4pm (via Zoom)

Mon. Nov. 10: 2-3pm

Tues. Nov. 11: 1-2pm

Wed. Nov. 12: 2-3pm (via Zoom)

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>



November 12, 2025

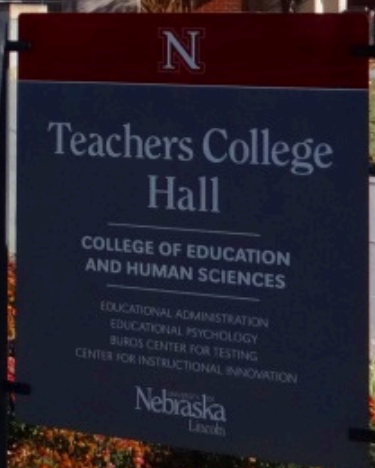
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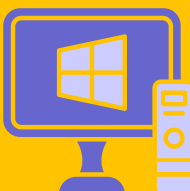
Department of Educational Psychology

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- 3) Happening in Lincoln
- 4) November Happiness
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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!



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Find the form here:

[HTTPS://CEHS.UNL.EDU/EDPSYCH/CURRENT-STUDENT-SUPPORT/](https://cehs.unl.edu/edpsych/current-student-support/)



★★★★★
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THAN DEC. 17TH**
★★★★★ by 4:00pm

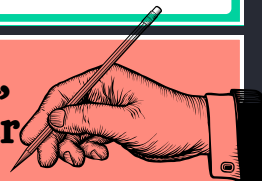
**SIGN
HERE**



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.



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



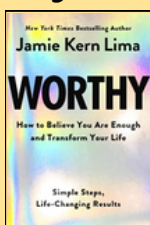
djavaid2@huskers.unl.edu

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.

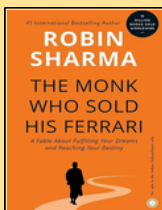


What is your favorite book, or one of the best books you've read recently?



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>



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FEATURING JUAN-PAULO RAMIREZ
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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)

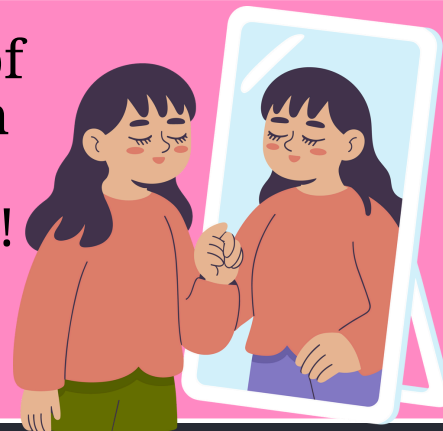


The Nebraska Academy for Early Childhood Research (NAECR) invites students across the University of Nebraska system to join the NAECR student researcher group – a community of emerging scholars who are interested in early childhood research. Members gain access to resources, tools, and events, as well 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 <small>ggsc.berkeley.edu greatergood.berkeley.edu</small>						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
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Want to reserve a room?

<https://tinyurl.com/TEACRoomRes>

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

Questions? Ask Zee!

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November 19, 2025

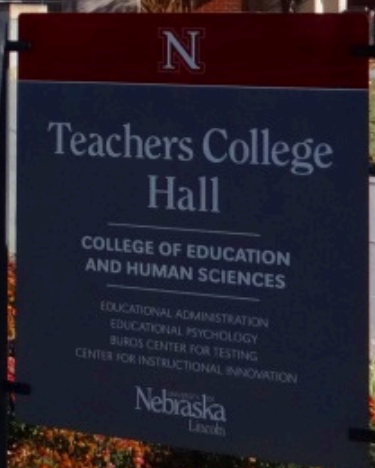
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- 4) Research & Learning Opportunities
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HEADS UP!

Zee will be out of office starting next week. She will return in January.

While Zee is out of the office, please submit your room reservation requests at the link below.

Please note: plan ahead! Many rooms have already been booked through the end of the semester. Don't delay requesting your room reservation!

[HTTPS://UNLSCHEDULING.NEBRASKA.EDU](https://unlscheduling.nebraska.edu)



HAPPY INTERNATIONAL EDUCATION WEEK!

International Education Week is an opportunity to celebrate the benefits of international education and exchange worldwide. A joint initiative of NAFSA: Association of International Educators, The Forum on Education Abroad, and the Association of International Education Administrators, it showcases programs that prepare students and communities to study, learn and exchange global perspectives. The annual event also highlights and promotes the opportunity to experience new cultures.



CHECK OUT THE FULL SCHEDULE OF EVENTS AT:
<https://global.unl.edu/international-education-week/>

NEXT WEEK IS THANKSGIVING BREAK!

Students and faculty have Thanksgiving break next week, from Wednesday through Friday.

ENJOY YOUR TIME OFF!



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





Get to know your GAB/SOS Board Members! Introducing... **Taylyn Petsche**

Taylyn represents School Psychology on the Graduate Advisory Board, as well as the Student Outreach and Support group. She is also currently a GRA in CYFS!

tpetsche3@huskers.unl.edu

If you could only eat one food for the rest of your life, what would it be?

Potatoes! Assuming I could prepare the food in a variety of ways (although this may be considered cheating), I think I could get creative with potatoes and never grow tired of eating them. I love the versatility of a potato!

Exemplary vegetable!



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

I was born and raised in Lincoln, so I would love to help you find things to do, offer food recs, make connections, etc. I can also provide support to students navigating mental health struggles in graduate school. Please do not hesitate to reach out to me if you ever need anything!!

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

I lived and worked in Madrid for a summer, so I would have to say that! I love the architecture, culture, parks, shopping, and, most importantly, the food. Here's a picture of me at my internship at the Hospital Nacional de Paraplégicos, where we explored the relationship between various individual factors and one's pain inhibitory system.



What are some things you love about EDPS?

The people! The students, staff, and faculty are the best of the best. I am constantly in awe of other students and their ability to thrive in academia, work, and pursue interests outside of school, all while supporting others and being a friend to all. You all truly inspire me to be the best version of myself.

The Counseling and School Psychology Clinic and BRAVE Lab participated in the Park Middle School Resource Fair last week!

The event includes dozens of local agencies who share about their services to families during parent-teacher conferences. We talked with parents about our clinic and BRAVE Lab services, including the clinic for ADHD/SLD/ASD evaluations and online support group for middle school students who have been bullied. We also talked with other local agencies to refer their clients to our services. It was a great community-building event!



Way to go!



Oolong, farewell... Honoring Dr. Beth Doll

You are invited to join us for an afternoon of celebrating the accomplishments of Dr. Beth Doll during her time at UNL. Stop by for tea and light refreshments, and wish Beth a happy retirement!



Wednesday
December 10

3:00-
5:00pm

227
CPEH

Join the Department
of Educational
Psychology in
celebrating Dr. Beth
Doll, who will be
retiring in December.

Tea will be available at the event, as
well as a spattering of finger foods!

Wed. Dec. 10th
CPEH 227
3-5pm



THE ANNUAL EDPS GINGERBREAD DECORATING CONTEST IS JUST AROUND THE CORNER!!

SUE WILL BE BRINGING IN THE GINGERBREAD KITS THIS WEEK.
YOUR PROGRAM GAB/SOS REPRESENTATIVE WILL BE REACHING
OUT ABOUT SCHEDULING A TIME TO COMPLETE YOUR BUILD!

ALL GINGERBREAD HOUSES WILL BE DISPLAYED IN TEAC 114. THE ENTIRE DEPARTMENT WILL VOTE FOR THEIR FAVORITE.
THE WINNING PROGRAM GETS A PRIZE!

GOOD LUCK
& HAVE FUN!!!



Data Port Audits

FYI – Jules will be in and out of
faculty & student offices over the
next couple of weeks to complete
an audit on our data ports!



They promise to keep their visit as short and non-
invasive as possible! No action is needed on your part,
just know that Jules may be knocking on your office
door and popping in over the next couple of weeks. If
you have any questions, please email Jules!





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Jackie Gaughan Multicultural Center, Room 202



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FOUNDER, GIS AND HUMAN
DIMENSIONS, LLC

Research Opportunity!

Ken Bigba, a DLS student, is conducting a study exploring how parental involvement influences the academic and personal development of African international students. They are especially interested in how parental values, cultural expectations, and communication styles contribute to the identity development and educational experiences.

Ken is currently seeking:

- Participants between the ages of 19 and 35 who are African international students currently enrolled at the University of Nebraska-Lincoln and fluent in English.
- Willing to complete a one-on-one semi-structured interview conducted either via Zoom as well as a follow-up interview lasting 20-30 minutes.

These procedures will take approximately 1 hour 5 minutes to 1 hour 30 minutes in total.

Interested in participating?
Contact Ken Bigba at
kenanile@huskers.unl.edu

ADVANCING NEUROPSYCHIATRIC CARE: CONNECTING BRAIN INJURY TREATMENT TO BETTER OUTCOMES

PART 4: STRUCTURING ENVIRONMENTS FOR SAFE, THERAPEUTIC MANAGEMENT OF BRAIN INJURIES AND SEMINAR SERIES RECAP AND WRAP-UP

FREE WEBINAR SERIES

Brain injuries are a significant yet often overlooked contributor to neuropsychiatric symptoms (NPS), such as depression, anxiety, cognitive decline, and agitation. These symptoms can develop regardless of the injury's severity and frequently persist over time. This seminar series will focus on the following topics: recognizing behavioral, emotional, and cognitive symptoms in patients with brain injury; prescribing medications for brain injury-related symptoms; providing supportive psychotherapy and cognitive-behavioral therapy; educating and supporting families of patients with brain injury.

THURSDAY, DEC. 4
11AM-1PM CENTRAL
[GO.UNL.EDU/REG_TBIPART4](https://go.unl.edu/REG_TBIPART4)



Upcoming Office Hours

November 20-26, 2025

Thurs. Nov. 20: 11am-12pm

Fri. Nov. 21: 10-11am (via Zoom)

Mon. Nov. 24: Via Zoom

Email sswearer@unl.edu to set up an appointment

Tues. Nov. 25: Via Zoom

Email sswearer@unl.edu to set up an appointment

Wed. Nov. 26: No Office Hours

Happy Thanksgiving Break!

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](mailto:jmeyers19@unl.edu)

Want to reserve a room?

While Zee is out of the office, room reservation requests can be submitted at the following link:

<https://unlscheduling.nebraska.edu>

Please note: Many rooms have already been booked through the end of the semester. Submission of a room request does not guarantee your preferred room.



need to request materials from CSPC?



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

