

*October 8, 2025*

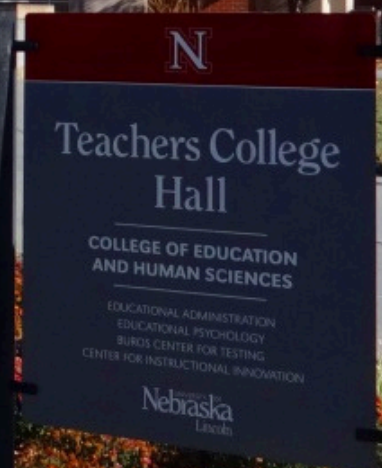
*Volume 164*

# Weekly Wednesday

Department of Educational Psychology

## What's Inside:

- 1) Top Stories
- 2) Learning Opportunities
- 3) Around Campus
- 4) Weekly WINS-day
- 5) October Happiness
- 6) The Week Ahead





# ARE YOU ON AN ASSISTANTSHIP (GTA/GRA) WITHIN EDPS?



**EDPS GA  
EVALUATIONS  
ARE NOW OPEN!!!**

## IMPORTANT

**DON'T FORGET!** If you are on an assistantship within EDPS, **you are required to schedule a semesterly evaluation with your supervisor.**

Students employed within EDPS are expected to fill out the self-evaluation form, which can be found on our website. Students should first fill out this form, then send it to their supervisor for review. Then, a student must collaborate with their supervisor to schedule a time to meet and review their self-evaluations.

Reviews should be completed no sooner than  $\frac{1}{2}$  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 during each semester. Failure to submit your self evaluations on time may result in disciplinary action and impact your ability to receive future assistantships within EDPS. *Please collaborate with your supervisor regarding any questions about your review process.*

**You can find and download the EDPS GA Evaluation form here:**  
**<https://cehs.unl.edu/edpsych/current-student-support/>**

If you have any questions or need clarification, please email Jules ([jmeyers19@unl.edu](mailto:jmeyers19@unl.edu))

## FUNDING OPPORTUNITY APPLICATIONS DUE BY OCT. 15TH

The CEHS Student Professional Development Grant Program aims to promote the scholarly and professional development of CEHS students. Grants awarded through this program provide funds for CEHS students to participate in a professional meeting, conference, or other professional development experience. Examples of a professional meeting or conference may include attending or presenting a research paper at the annual meeting for the American Educational Research Association. Professional meetings, conferences, or development experiences are conceived broadly as experiences that support scholarly and professional development.

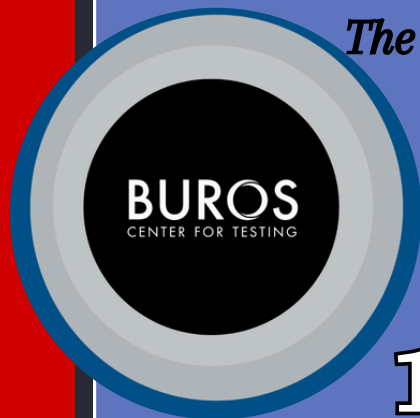
## Eligibility for Funding:

- Student must be matriculated in an academic program within CEHS
- Student must be in good academic standing. Preference is given to students with a GPA average of 3.0 or better
- Priority will be granted to students who have an active role in presenting research or an exhibit at a refereed conference, especially as lead author. To receive priority consideration, evidence of acceptance is required.
- Preference will be given to students whose research/creative activity aligns with the CEHS strategic priorities

**To learn more or apply,  
click the link below!**

**[https://cehs.unl.edu/sites/unl.edu/cehs/files/media/file/Student%20PD%20grant\\_RFA.pdf](https://cehs.unl.edu/sites/unl.edu/cehs/files/media/file/Student%20PD%20grant_RFA.pdf)**





The Buros Center for Testing Presents...

# Assessment of Trauma in Children and Youth

**Tuesday, Oct. 21st** *a webinar series*  
**11:00am-12:30pm**

Join the Buros Center for Testing for the next session in our Assessment of Trauma in Children and Youth webinar series. Dr. Cassandra Kisiel, from Northwestern University Feinberg School of Medicine, will present practical strategies for implementing a trauma-informed assessment framework with diverse youth populations. Webinar attendance is free for all UNL faculty, staff, and students.



Interested in attending? Contact Dr. Jessica L. Jonson at [jjonson@buros.org](mailto:jjonson@buros.org).

## BEST PRACTICES IN SCREENING AND DIAGNOSIS OF ADHD IN ADULTS

**FREE ZOOM TRAINING OCTOBER 16 | 9AM-12PM**

This presentation will review empirically supported best practices for the screening and diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) in adults. The content will cover who to screen and how to screen, an overview of the diagnostic process, and specific tools and recommendations related to accurately measuring current symptoms, assessing and making judgments about clinically significant functional impairments. In addition, how to establish childhood history in adults, careful differential diagnosis of ADHD versus mimicking conditions, and how to navigate challenging diagnostic scenarios in an era of self-diagnosis will also be covered.

### Objectives:

1. Identify the core components of evidence based assessment of ADHD in adults.
2. Explain best practices in accurate measurement of ADHD symptoms.
3. Describe low value practices that may lead to misdiagnosis (over or under diagnosis) of adult ADHD.



**CLICK [HERE](#) TO REGISTER**



# GRADUATE TRAINEE SUPPORT PROGRAM

CoPsych MA Students! The Graduate Trainee Support Program (GTSP) financially supports master's-level students during their advanced practicum or internship experiences that serve rural, public sector, or justice-involved communities. To be eligible to apply, students must have confirmed practicum or internship experiences, be in good academic standing, and intend to practice in Nebraska after graduation.

*GTSP applications will be accepted Oct. 10th through Nov. 10th for experiences starting in the Spring.*

**INTERESTED? LEARN MORE AND APPLY HERE!**



## WGS 2025 Annual Lecture

Women's and Gender Studies sponsors an annual lecture that features local and national scholars and activists who present their work on cutting edge themes in women, gender, and sexuality.



### Fall 2025 Annual Lecture: Setting the Record Straight on Campus Sexual Violence

Presented by Nicole Bedera, PhD.

Dr. Bedera is a sociologist and a nationally recognized expert on sexual violence and gender inequality. In her academic work, she studies how our social structures contribute to survivors' trauma and make sexual violence likely to occur.

Dr. Bedera will be speaking on her book—*On the Wrong Side: How Universities Protect Perpetrators and Betray Survivors of Sexual Violence*—which was published in 2024 (University of California Press). She puts her research into practice as an Affiliated Educator at the Center for Institutional Courage and as a co-founder of Beyond Compliance Consulting.



**Oct. 30th  
1:30-2:30pm**

**Jackie Gaughan  
Multicultural Center  
Unity Room (212)**

Free & open to the public

<https://wgs.unl.edu/research/annual-lecture/>



# LET'S CELEBRATE!

★ THERE IS ALWAYS SOMETHING TO CELEBRATE! HERE ARE SOME REALLY COOL THINGS FOLKS IN EDPS HAVE BEEN UP TO LATELY:



**Lauryn Rivale and Olivia Edwards (School Psychology first years) were trained in the Target Bullying Intervention Program (T-BIP) through Dr. Susan Swearer's Bullying Research and Victim Empowerment (BRAVE) Lab last week. The T-BIP is implemented in Lincoln and Norris Public Schools and provides a cognitive-behavioral Tier-III intervention to students who are referred for bullying behaviors.**

**For more information about the T-BIP, visit the website [here](#).**



Jules is very excited to announce that they will be teaching at the local MAKIT TOGETHER art retreat next week!

They will be leading two sessions on collaging, which will take place at Stuff Creative Reuse, their new favorite art supply store in town!

Interested in taking their class, or want to check out the course offerings? You can sign up a la carte on the MAKIT TOGETHER website:

<https://makittogether.com/pages/class-list>





# OCTOBER HAPPINESS

## October 2025 Happiness Calendar

This month, make the world a little better.

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
 <b>Greater Good Science Center</b> <small>ggsc.berkeley.edu greatergood.berkeley.edu</small>			<b>1</b> Reflect on the emotions you want to feel.	<b>2</b> Talk through conflicts before they become explosive.	<b>3</b> Give yourself a break from a problem—temporarily.	<b>4</b> Stand up for what you believe in.
<b>5</b> Spread a little love in the world.	<b>6</b> Ask for what you want.	<b>7</b> Take our <b>Science of Happiness at Work</b> course.	<b>8</b> Reflect on what your legacy might be.	<b>9</b> Don't let other people define you.	<b>10</b> How curious are you? Take our quiz to find out.	<b>11</b> Send warmth and goodwill out into the world.
<b>12</b> Dance!	<b>13</b> Find power in moral clarity.	<b>14</b> Try to forgive yourself for your mistakes.	<b>15</b> Write a gratitude letter to someone you never properly thanked.	<b>16</b> Do a little good in the world today.	<b>17</b> Have conversations about spirituality and meaning.	<b>18</b> Immerse yourself in the beauty of nature.
<b>19</b> Join forces for a common cause.	<b>20</b> Make space for big feelings.	<b>21</b> Show love and care to yourself.	<b>22</b> Look for ways to grow from your struggles.	<b>23</b> Notice a moment that made you smile.	<b>24</b> Remember your ancestors and how their journey has shaped you.	<b>25</b> Join groups in your local community.
<b>26</b> Soothe yourself with touch.	<b>27</b> Get to know different kinds of people.	<b>28</b> Celebrate someone's good news.	<b>29</b> Try to make peace with your past.	<b>30</b> Find people you can trust.	<b>31</b> Think about who you want to become.	

## THIS MONTH, MAKE THE WORLD A LITTLE BETTER



set up a video chat with your besties

tell a joke to a friend or colleague

ha ha ha



instead of doomscrolling, write some snail mail!

pick up litter, rather than walk by it



give yourself lots of grace and ample time to rest and reset!



recommend a book to someone



October Happiness





# Upcoming Office Hours

October 9-15, 2025

Thurs. Oct. 9: 2-3pm

Fri. Oct. 10: **No office hours**  
EDPS office closed for faculty retreat

Mon. Oct 13: 10-11am

Tues. Oct. 14: 11am-12pm

Wed. Oct. 15: 12-1pm

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

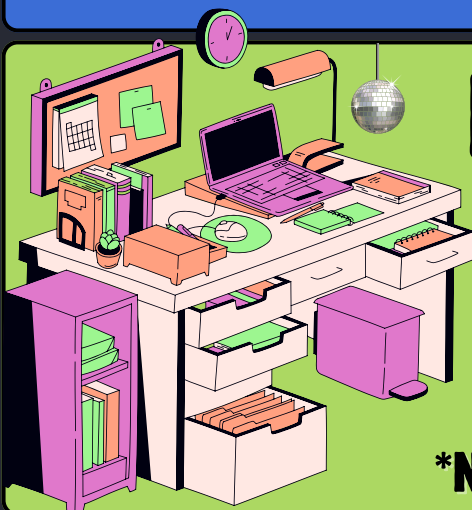


## Need to reserve a room?

<https://tinyurl.com/TEACRoomRes>

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

### Questions? Ask Zee!



## Need to meet w/ Jules?

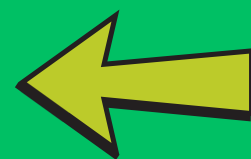
If you would like to meet with Jules, you must send them an email to set up an appointment.

Appointments available in-person and via Zoom

\*Note: Jules is unable to meet on Wednesdays



## need to request materials from CSPC?



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