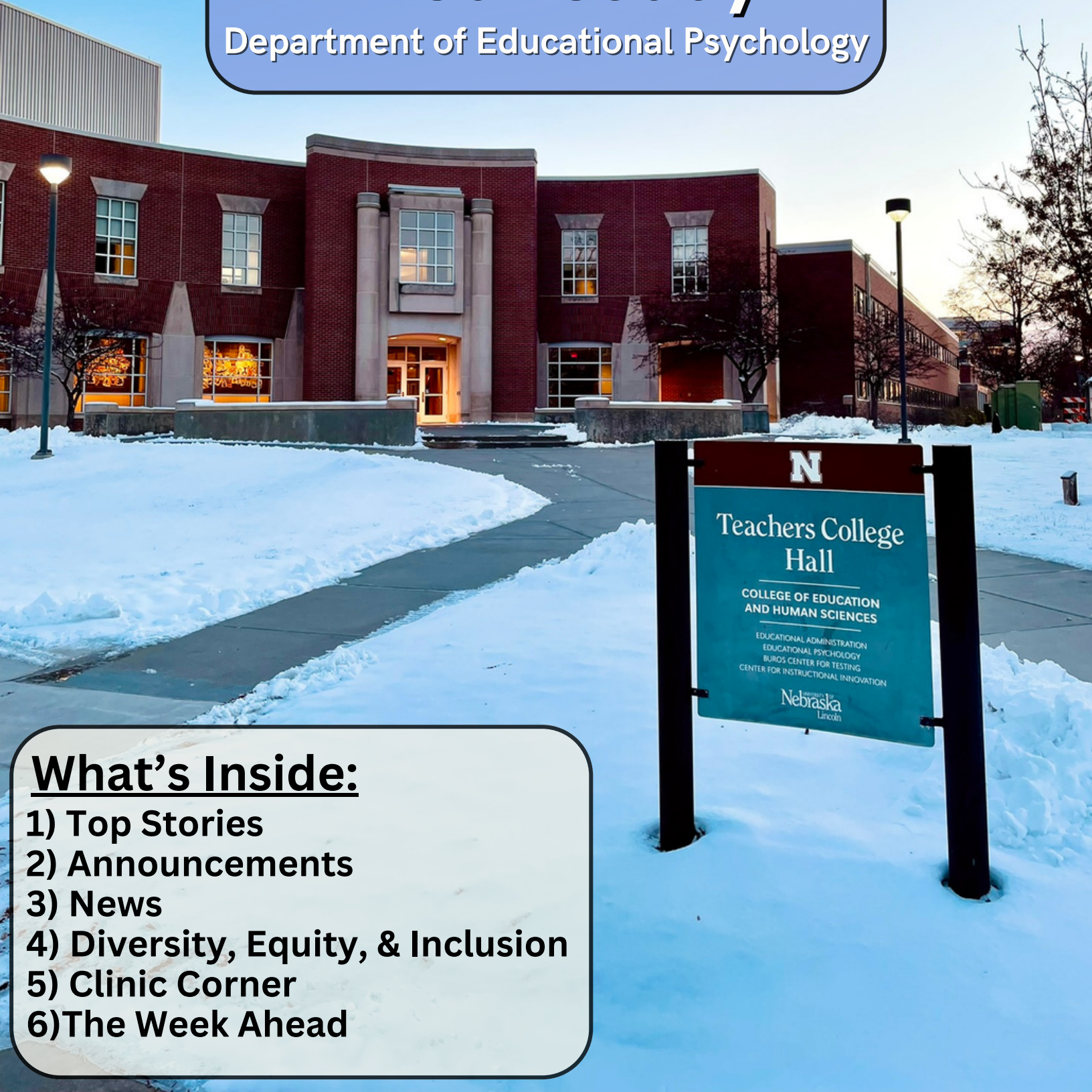


January 24, 2024

Volume 106

Weekly Wednesday

Department of Educational Psychology



What's Inside:

- 1) Top Stories
- 2) Announcements
- 3) News
- 4) Diversity, Equity, & Inclusion
- 5) Clinic Corner
- 6) The Week Ahead

Welcome Back, Everyone!

We hope you enjoyed some rest over the break and wish you luck as you embark on this semester's coursework.



drumroll please... The winner of the 2023



Gingerbread Building Contest is...

QQPM!

Please collaborate with Jules for a program-wide celebration! Food will be provided.



REMINDER!

All forms that require a signature from the **GRADUATE CHAIR** must be routed to **SCOTT NAPOLITANO**.



Attention:

EDPS is no longer able to provide cups for the Keurig machine. Please provide your own mug or reusable cup for your coffee needs.

thank you for understanding!

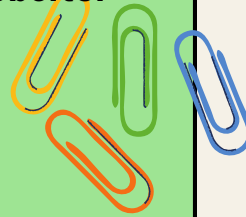


Looking for Assistantships?

Many students have been asking about potential funding for the upcoming academic year. All available assistantships and fellowships are posted to the “Graduate Assistantships” page on our EDPS website. We will know more about assistantships in the coming weeks, and all announcements will be posted to the Weekly Wednesday and posted to our website.

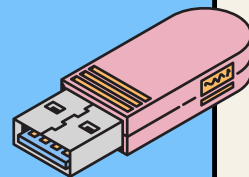
To access the Graduate Assistantships webpage, click on the link below or tap the brain icon.

<https://cehs.unl.edu/edpsych/graduate-assistantships/>



Announcements

NEED TO PRINT A SECURE DOCUMENT?



Jules has set up the printer in the back of the copy room to securely print from a USB drive!

Please see the steps below for how to securely print documents using our printers in TEAC 114

How To: Print from a USB Drive

- 1 Plug in your USB drive on the side of the copier
(must be done first!)
- 2 From the main menu, click “Show All”
- 3 Click “Access Stored Files”
- 4 Click “Memory Media”

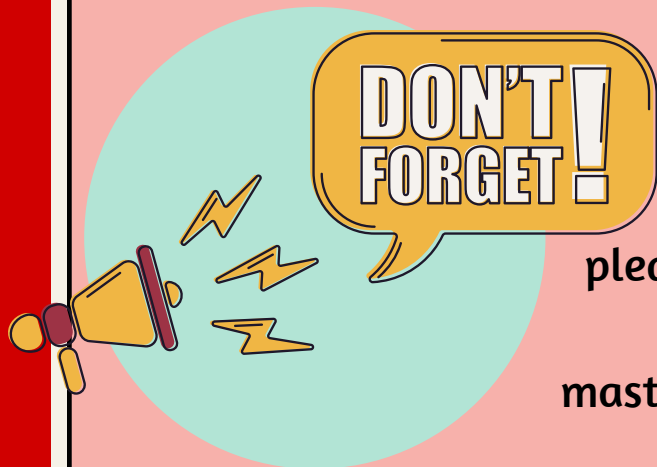
Et Voilà!

Note: this feature is currently only available on the back printer. Jules is working on changing the settings so both copiers are able to securely print!

Professor Ken Kiewra was a recent guest on the “On the Porch” podcast, talking about talent development.

The episode page and recording can be found here:

<https://frontporchbookclub.com/podcast/70-kenneth-kiewra-on-talent/>



all **DOCTORAL** paperwork **must** be submitted to

graduatedocuments@unl.edu

please use this email address for all official document submissions & inquiries
masters paperwork should continue to be sent to Terri Easton at teastin1@unl.edu

Dr. Oliveri was interviewed and cited by Diversity Women magazine addressing the question: “Who are we?”

Check out the article “What you should know about psychometric tests and how they’re being applied in the workplace”

CLICK HERE TO READ THE ARTICLE!



MASTERING THE ESSENTIALS OF APA STYLE (7TH EDITION)

Registration is now open for the Heartful Editor webinar on Mastering the Essentials of APA Style (7th edition). This course will be offered at **NO COST** to students & faculty in the Spring 2024 semester.

Presentations are available until May 15th.

To see the full schedule, register, or find more information, please visit: <https://heartfuleditor.com/training/>

The DEMAC library is open!

Please see page 6 for DEMAC Library hours.

Did you know a full inventory of the items available in the library can be found on TEAMS?

Check it out in the "EDPS Students, Staff, and Faculty" TEAMS channel under DEMAC!

FIND THE FOLDER HERE OR CLICK THE BOOKS TO ACCESS THE INVENTORY

If you are unable to access the TEAMS channel, please send an email to Jules and they will add you to the group.



The Epley Institute for Research at UNMC has a position open for a Diversity Program Associate. This is a hybrid position with the potential for career advancement. The person in this role will be helping to establish best practices to increase and retain a diverse population of students, staff and faculty in cancer research at the Epley Institute and the Fred & Pamela Buffett Cancer Center.

The job description and application can be found here:

<https://unmc.peopleadmin.com/postings/83659>

Questions? Contact Misty S. Pocwierz-Gaines at misty.pocwierz@unmc.edu



In addition to all the yummy foods, everyone is welcome to wear their cultural/traditional clothing, bring cultural games, or share your cultural identities in any way you'd like and feel comfortable doing so. Feel free to bring family and friends to the potluck, too! We hope to see you all soon!

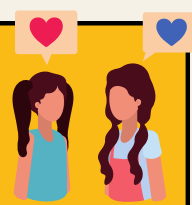
DEMAC invites you to join them for a Cultural Potluck on Saturday, February 10th. The event will be held at Wayne's home and starts at 6pm.

Everyone is encouraged to bring a cultural/meaningful dish to share, but it is not required. There will also be take-out boxes available for those who are not eating at the event.

Wayne's address can be found on the DEMAC TEAMS page.

If you have any questions, please contact Rin at knguyen21@huskers.unl.edu

THE IMPORTANCE OF LANGUAGE: WORDS MATTER



Rutgers Graduate School of Applied and Professional Psychology invites all Division 53 members to attend our CE Zoom webinar, “The Importance of Language: Words Matter”.

The training will be held **Friday, February 9th** from **1-2pm ET** and provides **1 CE Credit**.

Researchers and leaders in the LGTBQ+ field have discussed the power of language as it relates to empowerment and personal identification. This webinar will provide a basic foundation as to why it is important to use appropriate terminology and why language evolves. Additionally, we will begin to understand the current language when working with members of the affectional and gender diverse populations.

For more information, please visit

<https://gsapp.rutgers.edu/event/importance-language-words-matter>

For questions, please email ce@gsapp.rutgers.edu

Sesame Workshop and APA - Healing Little Hearts: Helping Young Children to Navigate Grief

Grief is inevitable and affects people of all ages, including young children, who are still developing the ability to understand and process these distressing feelings. Join us on Jan 31, 1-2 PM (ET) for a virtual workshop on helping young children navigate grief.

During this webinar, you will discover the diverse ways young children express grief, various approaches to guide them along this delicate journey, and resources that help children and families to cope with grief and build their resilience.

Speakers:

- Lauren G. Sommers, JD, PhD, - Deputy Chief of Psychology in the Public Interest, APA
- Tara Wright - Senior Manager of Content Design on the US Programs Education team, Sesame Workshop

Can't make it but want the recording? Register anyway!

CLICK HERE TO REGISTER

Guest Expert Webinar: Live on Zoom: AI in Academia: Discussing Opportunities and Challenges

Panelists: Julia Shaffel, PhD, University of Colorado, Boulder; Lauren Goodlad, PhD, Rutgers University; Raymond Pun, EdD, MLS, Alder Graduate School of Education

Thursday, January 30th
2-3pm ET

REGISTER HERE

Free!

UNL's Center for Transformative Teaching is sponsoring a lecture and Q&A with Dr. Jean Twenge, Professor of Psychology at San Diego State University. She is the author of more than 180 scientific publications and seven books, including *iGen: Why Today's Super-Connected Kids are Growing up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood*. Dr. Twenge holds a BA and MA from the University of Chicago and a PhD from the University of Michigan.

“*iGen: Teaching the Smartphone Generation*” will be held on Thursday, February 8th from 3:30-5pm in the Nebraska Union's Regency Suite.

For more information & a link to registration, please visit:

<https://events.unl.edu/CTT/2024/02/08/177387/>



January 2024 Happiness Calendar

This month, find what inspires you.

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 Sign up for our newsletter series on making and keeping good habits .	2 Be kind to yourself as the new year begins.	3 Invest time and energy in your friendships.	4 Break down a big goal into smaller steps.	5 Remind yourself of the larger purpose of your work .	6 Read a good book .	
7 Reflect on a boundary you'd like to set .	8 Write a gratitude letter to someone.	9 Lean on faith, spirituality, or whatever gives you meaning in life.	10 Try a body scan meditation .	11 Apologize when you've hurt someone.	12 Learn how to create courageous classrooms .	13 Identify role models who make you feel hopeful .
14 Be open-minded and curious in a conversation.	15 Stand up for what you believe in .	16 Look for acts of goodness around you.	17 How big is your circle of concern? Take our quiz to find out.	18 Sleep better by getting some sunlight in the morning.	19 Explore your neighborhood .	20 Take photos of things that are meaningful to you in life .
21 Try to forgive yourself for your mistakes .	22 Be a kindness role model .	23 Seek out awe on your next walk.	24 Cook a meal that reflects your culture.	25 Think about something you're looking forward to .	26 Look for beauty even amid pain and difficulty.	27 Take a nap .
28 Use technology to connect with others .	29 Question the drive for constant achievement .	30 Notice whether your daily habits are serving you well .	31 Imagine how you could be more courageous in your own life .		 <p>Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu</p>	

FIND WHAT INSPIRES YOU

If you have something you would like posted in Weekly Wednesday, please email your information & a short “blurb” to Jules by 12pm the Tuesday prior.

Please refrain from sending information or documents containing:

- Personal Information, such as phone numbers or addresses
- Standalone QR Codes (cannot be shared digitally)
- Images with weblinks printed within the photo

Any questions? Email Jules!





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

Upcoming Office Hours

Thursday 1/25: 12-1pm

Friday 1/26: No Office Hours

School Psychology Interviews

Monday 1/29: 2-3pm

Tuesday 1/30: 1-2pm

Wednesday 1/31: 1-2pm

Need to reserve a room?

<https://tinyurl.com/TEACRoomRes>

Jules' Office Hours & DEMAC Library Hours

Thursday 1/25: 2-3pm Friday 1/26: 2-3pm

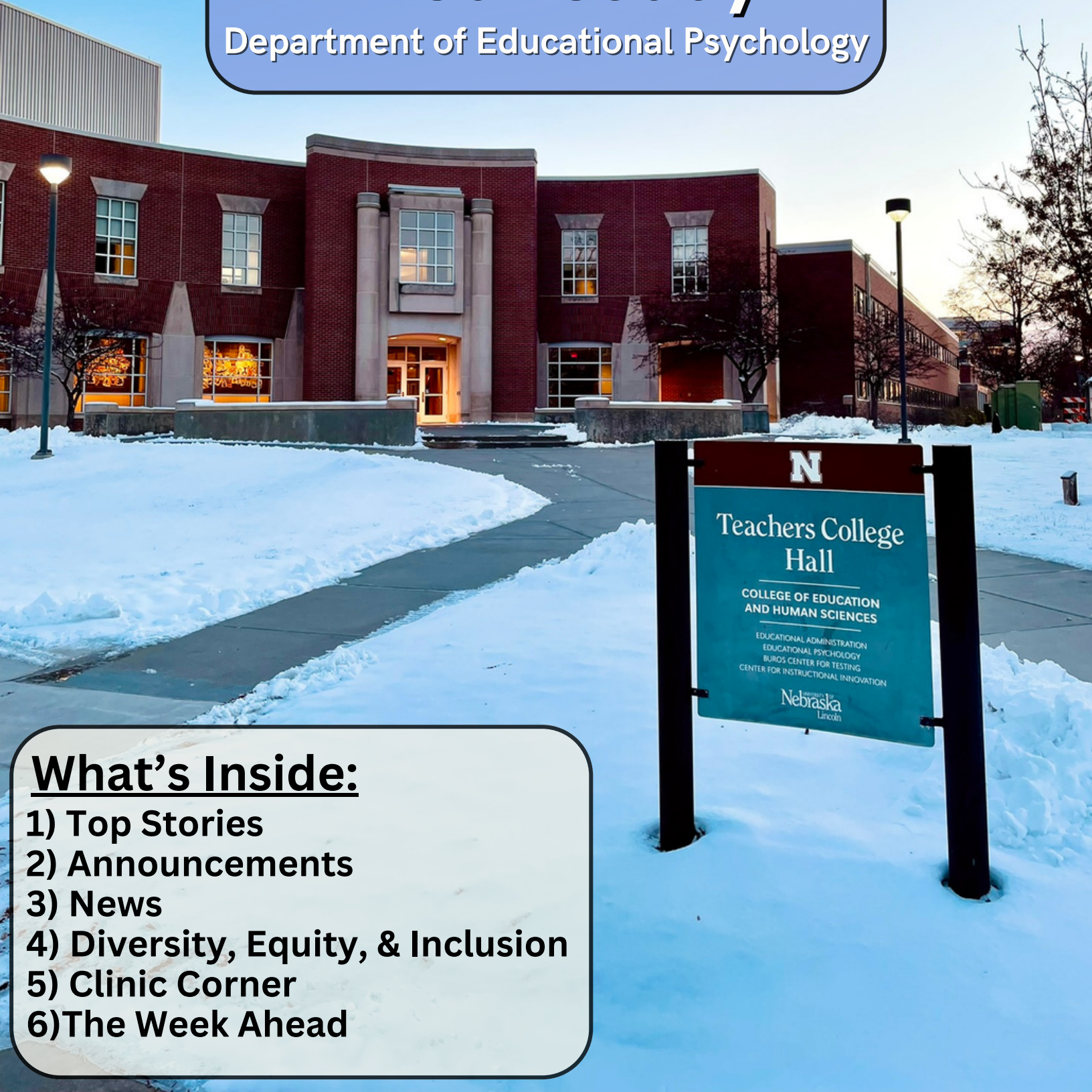
Monday 1/29: 9-10am Tuesday 1/30: 2-3pm

January 31, 2024

Volume 107

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Welcome

Please join us in welcoming our new student workers!

SHAUNDRA



Shaundra will be working with Jules & Zee in the EDPS main office!

we're so glad you're here!

When not at work or school, Shaundra loves volunteering at The Daisy, a thrift store for women where 100% of the proceeds go to Fresh Start.

She loves nature and being surrounded by mountains, and said that South Dakota has been one of her favorite places she's ever visited!

She recently started reading Little Women by Louisa May Alcott. We love to see it! And the album she has on repeat? Stick Season by Noah Kahan.

EEKSHITA



Eekshita will be working with Kellan & Heather in the clinic!

Eekshita loves to sketch, and also plays the viola! She also loves to read, and recently finished a book called If You Could See the Sun by Ann Liang.

Where's Eekshita's favorite place they've traveled? India! How cool!

A theme song that would represent Eekshita's life is Couleur menthe à l'eau by Isaac Delusion.

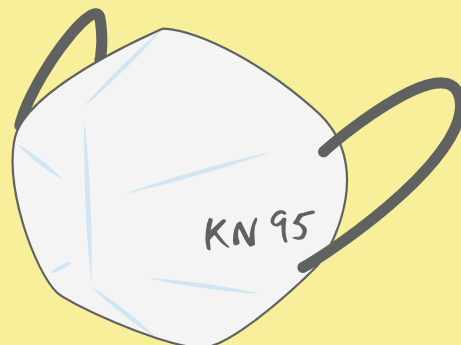
TEAC 109 is now available to book!

This is a small conference room perfect for simple meetings or quiet study. If you would like to reserve the space, please see Zee or use the following website to place your reservation:

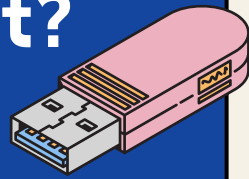
<https://tinyurl.com/TEACRoomRes>



Want to start wearing a mask again but don't know where to find one? Stop by TEAC 114 and talk to Zee or Jules! We have KN95 masks, as well as surgical masks. We are happy to share!



Need to print a secure document? We're here to help!



How To: Print from a USB Drive

1 Plug in your USB drive on the side of the copier
(must be done first!)

2 From the main menu, click "Show All"

3 Click "Access Stored Files"

4 Click "Memory Media"

Et Voilà!

Jules set up the printer in the back of the copy room to securely print from a USB drive!

DOCUMENTS MUST BE SAVED AS A PDF TO PRINT

Note: this feature is currently only available on the back printer. Jules is working on changing the settings so both copiers are able to securely print!

Don't have a USB drive? We've got you covered! Reach out to Jules or Zee and they will happily provide you with a USB drive for all of your document needs!

Assistantships & Fellowships

Many students have asked about potential funding for the upcoming Academic Year. All available assistantships & fellowships are posted to the "Graduate Assistantships" page on our EDPS website.

At this time, we are unable to provide additional information on potential funding for the next school year. The EDPS website is the best place to find the most up-to-date information on available assistantships within our department. Additional fellowships are also posted to the webpage from departments across campus.

As we learn more about potential funding sources, we will upload the information to our website as well as publish a blurb in Weekly Wednesday. Be sure to check back often!

<https://cehs.unl.edu/edpsych/graduate-assistantships/>

Click here to visit the EDPS Assistantships Webpage!



IN CASE YOU MISSED IT...



Starting **April 1, 2024**, Nebraska voters are required to present an accepted photo identification in order to vote.

The first statewide election under the new law will be
May 14, 2024

When voting, you must present an ID that includes your photo and name.
If your ID has expired, it is still acceptable for VOTING PURPOSES.

You can use an ID issued by:

- the federal government; such as a US passport
- the State of Nebraska; a driver's license or state-issued IDs
- any postsecondary institution in Nebraska
- local governments in NE, such as county-issued IDs
- the U.S. military
- Native American tribes
- patient records with photos from nursing homes, assisted living, or hospitals

IDs that are NOT accepted:

- **out-of-state** driver's licenses, state IDs, or postsecondary IDs
- IDs from private organizations
- any ID without a photo, such as a Social Security Card

For more information on voter ID in Nebraska, visit: bit.ly/NebID

Unsure of your voter registration status? Click the Nebraska icon or visit this website: <https://www.vote.org/am-i-registered-to-vote/>

CHECK MY VOTER REGISTRATION!

DLS invites you to our weekly

WRITING SESSIONS

EVERY MONDAY
9:00 - 12:00
TEAC 249

Bring your assignments, dissertation, thesis, or any homework
Enjoy this workspace!

The DLS Student Committee invites you to join their weekly writing sessions! These sessions are for anyone working on their thesis, dissertation, or writing assignments. DLS hopes to provide a productive and consistent workspace for students throughout EDPS.

Join us Monday mornings from 9am-12pm in TEAC 249!

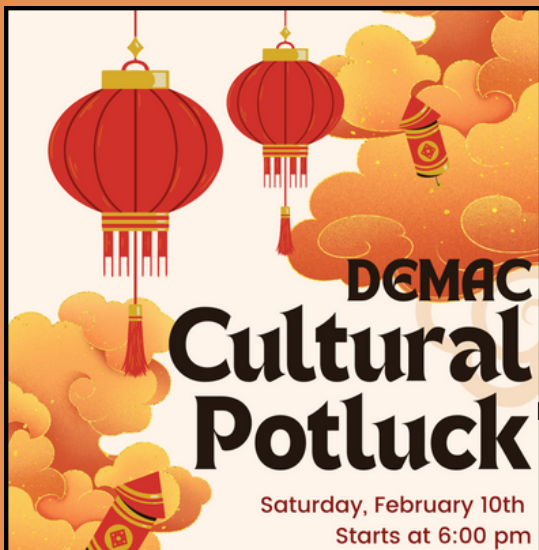
The writing sessions will begin on February 5th and continue through April 29th
Questions? Reach out to Catalina!

MASTERING THE ESSENTIALS OF APA STYLE (7TH EDITION)

Registration is now open for the Heartful Editor webinar on Mastering the Essentials of APA Style (7th edition). This course will be offered at NO COST to students & faculty in the Spring 2024 semester. Presentations are available until May 15th.

To see the full schedule, register, or find more information, please visit: <https://heartfuleditor.com/training/>





DEMARC invites you to join them for a Cultural Potluck on Saturday, February 10th. The event will be held at Wayne's home and starts at 6pm.

Everyone is encouraged to bring a cultural/meaningful dish to share, but it is not required. There will also be take-out boxes available for those who are not eating at the event.

Wayne's address can be found on the DEMARC TEAMS page.

In addition to all the yummy foods, everyone is welcome to wear their cultural/traditional clothing, bring cultural games, or share your cultural identities in any way you'd like and feel comfortable doing so. Feel free to bring family and friends to the potluck, too! We hope to see you all soon!

If you have any questions, please contact Rin at knguyen21@huskers.unl.edu

Kelley Wick, a DLS student finishing their Doctoral degree, is conducting a mixed-methods study for her dissertation and is looking for student volunteers who would be interested in sharing their experiences and perspectives about mental health & wellbeing as a college student.



...specifically, what does it mean to you, as a college student?

The purpose of our study:

- We are building a **comprehensive, multidimensional** understanding of wellbeing
- The **vast majority** of studies exploring the wellbeing of college students *do not ask* for the opinions and experiences of **actual college students**
- We are looking to change that, and in order to do that - **we need you**

What would I do in the study?

- Complete a short, **online** survey & participate in an **online** focus group on Zoom
- **Share your opinions and personal experiences with wellbeing while at college**
- Help shape a **new measure of wellbeing** specifically made for you, BY you

Who is eligible?

- Any current UNL undergraduate and graduate students ages 17-28 years old

In order to participate, students must be between 17 and 28 years old, and currently enrolled at UNL as an undergraduate or graduate student.

Volunteers can either earn 4 EDPS research credits OR a \$60 Amazon giftcard for participating in all parts of the study. Participation is completely online, and includes taking a short, online survey and then participating in an online focus group on Zoom, which should total no more than an hour and a half of your time.

To sign up for this study, please use this link: <http://tinyurl.com/thewellbeingproject>

Questions? Email Kelley Wick at kwick2@huskers.unl.edu

Register for BHECN Core Topics series today!

REGISTRATION IS OPEN FOR 2024 CORE TOPICS WEBINAR SERIES. THE DATES OF THE CORE TOPICS WEBINARS ARE FEB. 5, 12, 19 AND 26 -- WHICH ARE ALL MONDAYS. THESE FREE WEBINARS WILL RUN FROM 12-1 P.M. CENTRAL TIME.

FREE

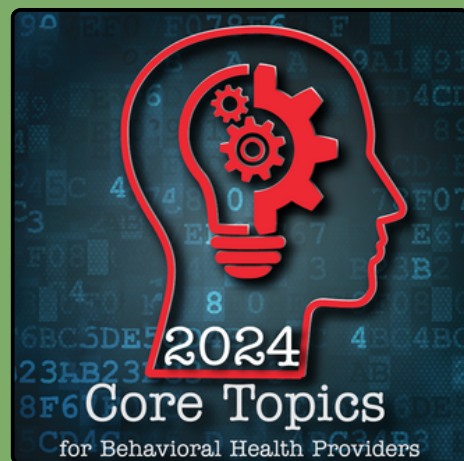
THE BHECN CORE TOPICS WEBINAR SERIES ENGAGES BEHAVIORAL HEALTH STAKEHOLDERS FROM ACROSS THE STATE TO PRESENT ON A VARIETY OF PRACTICAL BEHAVIORAL HEALTH TOPICS. TRAINEES AND PROVIDERS ATTEND THESE WEBINARS TO EXPAND THEIR KNOWLEDGE OF TOPICS THEY MAY ENCOUNTER AS PROFESSIONALS.

SEMINARS WILL BE POSTED IN WEEKLY WEDNESDAY THROUGHOUT THE MONTH OF FEBRUARY

THE FIRST SEMINAR, "KEY BEHAVIORAL HEALTH BUSINESS CONSIDERATIONS" WILL BE ON MONDAY, FEBRUARY 5TH.

THIS SEMINAR IS HOSTED BY ROB BLOOM, MBA, CPA, PRINCIPAL, WINTERGREEN

FOR MORE INFORMATION & TO REGISTER FOR THE SEMINAR, PLEASE VISIT THIS LINK: [HTTPS://GO.UNL.EDU/FEBRUARY5](https://go.unl.edu/february5)



THIS YEAR'S THEME, "THE BUSINESS SIDE OF BEHAVIORAL HEALTH," FOCUSES ON PROVIDING ACTIONABLE BUSINESS INSIGHTS TAILORED TO MEET THE NEEDS OF THE BEHAVIORAL HEALTH COMMUNITY.



Join this webinar hosted by the Association for Behavioral and Cognitive Therapies Parenting & Families Special Interest Group

Parenting Anxious Kids
What is Anxiety and What Can You Do to Help?



What is Anxiety and What Can You Do to Help?

a **FREE 1-hour parenting workshop** Hosted by Dr. Regine Galanti

What you'll Learn
Wednesday, February 7th
11am-12pm central time

To register for the event, use the following link to fill out a Google Form: <https://go.unl.edu/anxiety>

- What anxiety is, how it works, and how it might show up in kids from preschool to college
- The unique challenges of parenting when your child is struggling with anxiety
- Four ways that parents may inadvertently be making anxiety worse
- Practical ways you can help your child's anxiety



January 2024 Happiness Calendar

This month, find what inspires you.

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 Sign up for our newsletter series on making and keeping good habits .	2 Be kind to yourself as the new year begins.	3 Invest time and energy in your friendships.	4 Break down a big goal into smaller steps.	5 Remind yourself of the larger purpose of your work .	6 Read a good book .	
7 Reflect on a boundary you'd like to set .	8 Write a gratitude letter to someone.	9 Lean on faith, spirituality, or whatever gives you meaning in life.	10 Try a body scan meditation .	11 Apologize when you've hurt someone.	12 Learn how to create courageous classrooms .	13 Identify role models who make you feel hopeful .
14 Be open-minded and curious in a conversation.	15 Stand up for what you believe in .	16 Look for acts of goodness around you.	17 How big is your circle of concern? Take our quiz to find out.	18 Sleep better by getting some sunlight in the morning.	19 Explore your neighborhood .	20 Take photos of things that are meaningful to you in life .
21 Try to forgive yourself for your mistakes .	22 Be a kindness role model .	23 Seek out awe on your next walk.	24 Cook a meal that reflects your culture.	25 Think about something you're looking forward to .	26 Look for beauty even amid pain and difficulty.	27 Take a nap .
28 Use technology to connect with others .	29 Question the drive for constant achievement .	30 Notice whether your daily habits are serving you well .	31 Imagine how you could be more courageous in your own life .		 ggsc.berkeley.edu greatergood.berkeley.edu	

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- Images with weblinks printed within the photo

Any questions? Email Jules!





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

Upcoming Office Hours

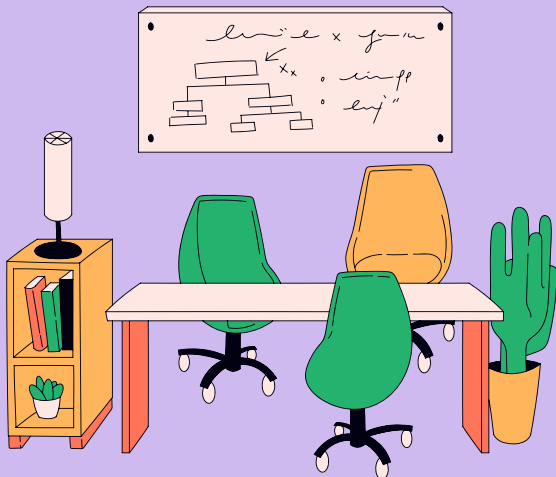
Thursday 2/1: 11am-12pm

Friday 2/2: 12-1pm

Monday 2/5: 1-2pm

Tuesday 2/6: 2-3pm

Wednesday 2/7: 11am-12pm



Need to reserve a room?

<https://tinyurl.com/TEACRoomRes>

Jules' Office Hours & DEMAC Library Hours

Thursday 2/1: 2-3pm

Friday 2/2: 2-3pm

Monday 2/5: 9-10am

Tuesday 2/6: 1-2pm

Wednesday 2/7: no office hours



If these hours do not work for your schedule, please email Jules to set up a time to visit the library in their office!