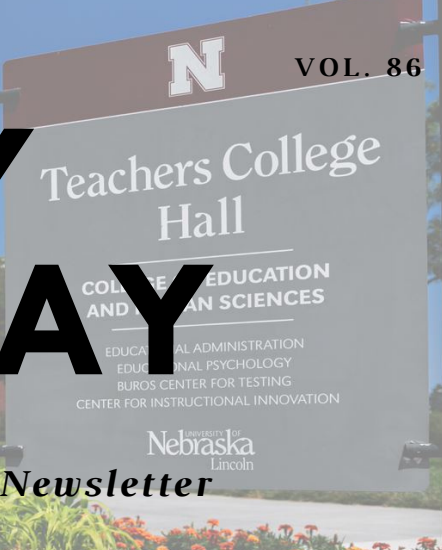


# WEEKLY WEDNESDAY

Department of Educational Psychology Newsletter



We acknowledge Arapaho, Tsististas & Suhtai (Cheyenne), and Kaw Peoples, as well as the relocated Ho-Chunk, Iowa, and Sac and Fox Peoples, upon whose homelands now reside the campuses and programs of the University of Nebraska, a land-grant institution. Let us recognize the legacies of violence, displacement, and survival that bring us here today.

In this newsletter, you will find announcements, news, and resources from the Educational Psychology Department to help keep you engaged and informed! Be sure to follow us on Twitter @UNL\_EDPS for additional updates. If you would like an announcement posted to the newsletter, please email your information to Kyle at: [kburke57@unl.edu](mailto:kburke57@unl.edu).

- **EDPS Faculty, Staff, and Students:** Our Welcome Back Orientation will be taking place this August! We can't wait to see everybody!

### Schedule below:

- **9:00am - 12:00pm:** Orientation (TEAC 105)
- **12:00pm:** Welcome Back Luncheon (in the BUROS Library)
- **1:30pm:** Individual Program Orientations



**NEW STUDENT ORIENTATION**



**WELCOME BACK LUNCHEON**

### HERE'S WHAT'S UP!

**1 - ANNOUNCEMENTS**

**2 - NEWS**

**3 - DIVERSITY, EQUITY, AND INCLUSION**

**4 - CLINIC CORNER**

# ANNOUNCEMENTS

- **EDPS Graduate Students:** Join the Nebraska Psychological Association conversation with two of our counseling psychology faculty on July 14 and August 25! The two faculty featured in this conversation are Dr. Dena Abbott and Dr. Mun Yuk Chin.
  - Register [here](#).
- **EDPS Faculty:** Looking to get more involved in SCCAP? They are recruiting an *InBalance* Associate Newsletter Editor.
  - In its new online form, *InBalance* shares SCCAP updates and news with members and provides original content focused on clinical activities, research, training, and policy. The Associate Editor is responsible for identifying topics and contributors for the newsletter's InFocus section, which features articles on areas of interest to their members. It is a great opportunity to meet new colleagues in the field.
  - Questions? Email [acp2137@cumc.columbia](mailto:acp2137@cumc.columbia) with any inquiries.
  - DEADLINE for applications is Oct 1, 2023.
- **EDPS Graduate Students:** Orientation and other annual events provide an opportunity to learn about the culture of graduate education, meet fellow graduate students, and collect information about campus and community services and resources. Save the date to make sure you don't miss out!
  - The Office of Graduate Studies has developed an online orientation course to help students navigate their graduate education at Nebraska. Designed as modules, the course contains 120 individual pages and over 200 links to resources, services, and information useful for students coming to campus for Fall or studying at a distance.
  - Orientation for International Graduate Students:
    - Aug 10, 2023 from 9:00am-4:00pm in the Louise Pound Auditorium
  - Orientation for new Graduate TAs:
    - Aug 15, 2023 from 8:00am-1:00pm in the Nebraska Union Auditorium
  - Signup information [HERE](#)

---

## NEWS

- **EDPS Graduate Students:** Two graduate students from our DLS and QQPM programs are conducting a study on the effects of frequent student feedback to their GTA during an academic semester. You are eligible to participate if you are at least 17 years old, a GTA at UNL who is teaching an undergraduate course for the College of Education and Human Sciences, and are currently residing in the United States.
  - Participants will receive a \$50 Visa gift card.
  - Interested? Scan the QR code or contact Om Joshi ([om.joshi@huskers.unl.edu](mailto:om.joshi@huskers.unl.edu)) or Jay Jeffries ([jayjeffries13@huskers.unl.edu](mailto:jayjeffries13@huskers.unl.edu)) with any questions.



# DIVERSITY, EQUITY, AND INCLUSION

- **EDPS Faculty, Staff, and Students:** Check out the Office of Diversity and Inclusion's Cultural Heritage and Identity Celebrations calendar!
  - You can view the calendar [HERE](#).

## Upcoming birthdays

Sara Luedders - July 7

Kenneth Kiewra - July 9

Jared Noetzel - July 24

Beth Doll - July 7

Sarah Ashworth - July 12

Camryn Steckelberg - July 29

Sunhyoung Lee - July 9

Maria Oliveri - July 15

Gage Anderson - July 31



Please let Kyle know if you would like your birthday listed in "Weekly Wednesday!"

## CLINIC CORNER

- **EDPS Faculty, Staff, and Students:** Check out these “Kindness Ideas!”: [The Random Acts of Kindness Foundation | Kindness Ideas](#)
  - Here are some of our favorites:
    - Support local famers: purchase their food, give them a shoutout, and tag their business!
    - Support Animal Shelters: contact local organizations to see how you can help.
    - Donate Summer Clothing: donate gently used summer clothes to local shelters.

**July 2023**  
Happiness Calendar

This month, spread goodwill and kindness.  
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  |
|---|---|--|--|--|---|---|
|  |   |  |  |  |  |   |
| 2 Perform a small act of kindness.  | 3 Address a conflict that you're having at work.            | 4 Reflect on what it means to be a citizen.  | 5 Seek out moments of joy in everyday life.  | 6 Make someone laugh.                                | 7 Catch yourself when you're feeling resentful of others.                             | 8 Listen for the emotions behind people's words.              |
| 9 Try to put away your phone when interacting with others.                          | 10 Go to a place that fills you with awe.                   | 11 Ask someone a deep question to strengthen your relationship.                      | 12 Make time for your life outside of work.  | 13 Notice three things that went well for you today. | 14 Treat people the way you'd like to be treated.                                     | 15 Offer yourself kindness and warmth when you're struggling. |
| 16 Give yourself a break and a chance to recharge.                                  | 17 Show interest and encouragement for someone's good news. | 18 Reflect on your good qualities.   | 19 Look for opportunities to be generous.    | 20 Think about the people who support you in life.   | 21 Acknowledge your pain when people hurt you.  | 22 Contribute to a more just, less prejudiced world.          |
| 23 Try a loving-kindness meditation.  | 24 How happy are you at work? Take our quiz to find out.    | 25 Question the stereotypes about political parties.                                 | 26 Identify people who give you inspiration. | 27 Embrace your whole self.                          | 28 Build out your support network.  | 29 Take our online course on Bridging Differences.            |
| 30 Embrace your cultural identity.  | 31 Believe you can make a difference.                       |  |  |  |   |   |



SUSAN SWEARER, PH.D., LP  
CHAIR  
DEPARTMENT OF EDUCATIONAL PSYCHOLOGY  
UNIVERSITY OF NEBRASKA - LINCOLN



UPCOMING OFFICE HOURS (TEAC 114B OR ZOOM).

JUNE-AUGUST OFFICE HOURS: BY APPOINTMENT  
EMAIL: [SSWEARER@UNL.EDU](mailto:sswearer@unl.edu)  
TO SET UP A TIME TO MEET!