DECEMBER
psychology newsletter

DEI NEWS:
SEEKING YOUR FEEDBACK
The psychology department has been working on several initiatives this year to sustain a diverse, equitable and inclusive department. We’d like to know how you are experiencing these initiatives, and learn how else we can advance this important work. Please consider taking this 10 minute survey to share your thoughts with us! The survey is anonymous. Prizes will be offered as an expression of our thanks!
Our doors are always open if you have additional thoughts, ideas or suggestions surrounding DEI in the department.
Wishing you a healthy, restful break.

MEET OZZY
Professor Dustin Albert and his family belong to Ozzy. Ozzy is a “Springer Doodle” – half English Springer Spaniel, half Standard Poodle. He’s a rescue from a puppy mill. I guess no one was willing to pay the big bucks for him, but we think he’s perfect. Loves wrestling with our youngest son, Roman, who we refer to as his “dog brother”. Extremely vigilant to potential threats posed by squirrels, stray cats, and delivery workers. Will protect our family from these threats at all costs.
SEEKING "THE GOOD LIFE"

In the last lecture of Introductory Psychology, Professor Orvell offers 5 things that research shows can causally increase happiness. As we head into the holidays and New Year, you can try some of these out, if you like, and share them with family and friends:

1. **PRACTICE GRATITUDE**
   - Reflect on what you’re grateful for once a week
   - Express gratitude to others

2. **BE KIND**
   - Do random acts of kindness
   - Spend money on others, not yourself

3. **GET SOCIAL**
   - Increase interactions with acquaintances

4. **SAVOR POSITIVE EXPERIENCES**
   - Relive happy memories
   - Share success with people you love

5. **HEALTHY MIND & BODY**
   - Be optimistic
   - Try mindfulness
   - Cultivate your strengths
   - Spend time outside and exercising